AN ASSESSMENT OF PARTICIPATION IN OUTDOOR RECREATION ACTIVITIES IN YENAGOA TOWN

BY

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A THESIS SUBMITTED TO THE POSTGRADUATE SCHOOL, AHMADU BELLO UNIVERSITY, ZARIA IN PARTIAL FULFILMENT OF THE REQUIREMENTS FOR THE AWARD OF M.SC IN (TOURISM AND RECREATION PLANNING)

DEPARTMENT OF URBAN AND REGIONAL PLANNING
FACULTY OF ENVIRONMENTAL DESIGN
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SEPTEMBER, 2014

DECLARATION

I, Zuowei Dickson declare that the work in this thesis **"*An Assessment of Participation in Outdoor Recreation Activities in Yenagoa Town*"** has been written by me under the supervision of Dr. Ma'aruf Sani and Prof. A. Ahmed of the Department of Urban and Regional Planning, Ahmadu Bello University, Zaria. The information derived from the literature has been duly acknowledged in the text and a list of references provided. No part of this thesis was previously presented for another degree or diploma at any university.

Zuowei Dickson	_____	_____
Name of Student	**Signature**	**Date**

CERTIFICATION

This thesis entitled: **"*An Assessments of Participation in Outdoor Recreation Activities in Yenagoa Town*"** by **Zuowei Dickson** meets the regulations governing the award of the degree of Master of Science (MSC) Tourism and Recreation Planning of Ahmadu Bello University, Zaria and is approved for its contribution to knowledge and literally presentation.

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DEDICATION

This work is dedicated to all members of my family - Mrs. Timinipre Dickson my wife and the children - Zibeinmo, Zinaki, Zinipre, Ziebi and Ziweri Dickson.

ACKNOWLEDGEMENT

It would not have been possible for this study to be completed if certain persons had not sacrificed part of their valuable time and given appropriate advice to me. Therefore, I wish to express my profound gratitude to all those that assisted me directly and indirectly.

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I am also grateful to Mr Jokori Macaulay who by then was the Director General of the Tourism Bureau of Bayelsa State, who released me for this study. I will not also fail to extend my gratitude to Honorable Oronto Douglas who supported me financially and also to Mr. Customs Ebimotimi and Gabriel Attah who accommodated me for a very long time in their house at Basawa Barracks.

I am also using this medium to express my thanks to some of my lecturers who were quite close to me and always gave a word of encouragement such as Mr. S.D. Ojibo, Mr. Yaya and to my school mates, Miss Mandu, Mr. Latif, Femi, Victor Kpam, Mr Kenneth, Mrs. Valerie Jason, Mustapha, Allan, Tachio; also to a friend, Mr. Samson Ogundipe (aka Computer) who took the pains in typing the work. My thanks go to the entire staff of the department and Faculty of Environmental Design, Ahmadu Bello University, Zaria.

Finally, I am grateful to Almighty God for his infinite mercy for seeing me throughout my stay in Zaria…. Amen.

ABSTRACT

This research work assessed the level of participation in outdoor recreation in Yenagoa town, Bayelsa State, Nigeria. The study covered ten wards in which the town is organised, using one ward each for investigations into the availability of outdoor recreation facilities, access to them and the general pattern of recreation practices among the residents of the town. The ten communities were selected on the basis of the level of concentration and size of the population, with the highest being taken for the purpose of sampling. A sample size of 0.87% of the total population (42,463) was used based on sample size determining criteria by Krejcie and Morgan (1970) and 368 (0.87%) questionnaires were administered to household heads in the 10 sampled communities. Relevant data were obtained on the subject, with the result revealing that recreation facilities are abundantly provided in the town and most residents were aware of their existence. However, with the exemption of football facilities, most residents would not patronize the facilities provided, although no apparent barriers to access for the facilities are in place and people are free to use them. It is subsequently shown from the data that a number of factors play important roles in limiting the level of participation including ignorance of the benefit of recreation, income level of the respondents and distance from the facilities. The result is a low level of participation with only 18% of respondents indicating regular participation. Addressing these hindrances, proposals were made to encourage more participation across the population spectrum in active recreation participation in the town. It is envisaged that this will also serve as an example for other towns in the country.

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CHAPTER ONE

INTRODUCTION

1.0 Background of the Study

Recreation is as old as man and everybody needs it. This is due to its vast and fundamental importance. It plays an important role in physical, economic and socio-cultural development of mankind (Okoli 2001). It is for this reason that Obateru (2003) expresses the need for Nigerians to participate in recreation activities in order to improve their health, facilitate their economic output and also to make worthy use of leisure time.

Recreation activities according to Atemie (1997) is an important ingredient for long life. It is for this reason that Straus (1998), a medical educator emphasized that recreation is as important as eating a healthy diet and getting enough exercise. It has the ability in helping to deal with stress in life, by changing the focus of attention from those stressful situations.

Today's young participants in outdoor recreation activities are tomorrow's adult outdoor enthusiasts and conservationists, but sadly fewer and fewer youth are leaving outdoors each year to indoor recreation activities.

In Nigeria however, it has been observed that the culture of participating in recreation activities consciously is relatively low. This may not be unconnected with the economic circumstance prevalent in the country. Results of recent researches into the recreation activities of Nigerians in different walks of life (Makasi, 1985) Imazobi, (1988) seem to indicate that certain unexpected factors prevent most Nigerians from engaging in recreation activities. While Nigeria is blessed with several abundant recreation activities such as swimming, football, lawn tennis, boating, picnicking, basketball, polo playing, TV viewing and several other activities which could be participated in by Nigerians

It appears in Yenagoa the capital of Bayelsa state is filled with various types of modern and traditional recreation activities, these activities appear not to have been patronised as expected. This observation was made during the reconnaissance survey that the degree of participation in outdoor recreation activities is minimal.

1.1 Statement of Research Issue

There are indications that the level at which people engage in outdoor recreation activities in Yenagoa is low despite the abundant opportunities available. From previous researches, the reasons usually attributed for non-participation in outdoor recreation is always associated with lack of facilities for doing so. The issue of lack of facilities which limits the participation of outdoor recreation has always been recognised by (Mcintosh, 1995) understanding recreation as an economic, physical and environmental benefit to man. Hence researchers like Morrison (2001) asserted that location of recreation facilities is a primary factor affecting access to outdoor recreation activities; therefore facilities should be planned to possess some degree of attractiveness. However, in Yenagoa this is in conflict with the known findings and further research therefore is required for an explanation since there are ample recreation facilities.

Associated with this, is to also understand the circumstances under which participation in outdoor recreation in the town occur. This implies knowledge of the social characteristics of participants, the reasons for participating, constraints and problems.

It is against this backdrop that this research is set out and it seeks to answer the following questions:

i. What is the level of participation in outdoor recreation activities in Yenagoa?

ii. What are the constrains to effective participation in outdoor recreation in the study area?

iii. What appropriate measures may be taken to encourage participation in outdoor recreational activities in the study area?

Answers to these questions will provide input for policy decision and planning for corrective action, as recreation is generally seen as a socially acceptable and worthwhile activity that creates opportunities for people to develop themselves physically, socially, mentally and emotionally (Bucher 1979). Research has shown also that people's involvement in recreation activities plays a significant role in integrating society, affiliating them with institutions, and enhancing their educational and developmental outcomes (Kovac and Beck, 1997).

1.2 Aim

The aim of the research is to assess the level of participation in outdoor recreation activities in Yenagoa, with a view in establishing the pattern and making appropriate recommendations towards encouraging greater participation among residents in recreation activities.

1.3 Objectives

i. To appraise the provisioning of outdoor recreation facilities in Yenagoa

ii. To establish the characteristics of participation in outdoor recreation activities in Yenagoa.

iii. To identify the factors that affect participation in outdoor recreation activities in Yenagoa.

iv. To make appropriate recommendations towards the encouragement of greater participation in recreation activities in Yenagoa.

1.4 Scope

This study focuses on the assessment of participation of the residents of Yenagoa. It is limited to the outdoor component of recreation with focuses on the facilities available and the character and pattern of their use

1.5 Limitation

The study therefore will be limited to Yenagoa town, particularly the assessment of the participation of outdoor recreation activities there. In the field investigations, the researcher has limited himself to household heads within the study area as respondents to collect data through questionnaire and observation.

1.6 Justification

In Nigeria participation in modern recreation is generally low. Recreation has not taken an important position in people's day-to-day activity especially among adults. People tend to engage in recreation activities haphazardly and as such the level of awareness about the importance of participating in outdoor recreation activities appears to be relatively low. This may be as a result of not knowing the relevance of engaging in outdoor recreation activities or the lack of facilities. This study attempts to unravel the reasons why despite the relative availability of facilities, participation in outdoor recreation remains low in Yenagoa. Understanding this is important for future policies on the provision of facilities for recreation in urban areas in Nigeria at large.

1.7 Definition of Terms

Recreation Facilities: These are the necessary requirements for recreation. They may be in the form of buildings, services, equipment, spaces etc that are provided for a particular purpose in recreation. They may provide for indoor or outdoor activities. They may provide for both active and passive recreation.

Participation: Is the act of taking part in an activity or event, like sports, recreation activities etc. Participation may be active whereby the individual partakes in the activity or passive whereby they watch others partake.

Perception: Getz (1994) defines perception as the meaning attributed to an object phenomenon or activity. It is shaped by our knowledge, beliefs, values and norms.

Practices : This is the habitual doing or carrying out of something, usual or customary action or performance, i.e a repeated exercise in or performance of an activity so as to acquire or maintain proficiency in it, activity undertaken to this end, (Lesley, 1982).

Assessment: In this work, assessment will refer to an act of rating, evaluating, estimating or checking to arrive at a result that will be useful in making formal decisions.

Community: This refers to all the people who live in a particular area, community etc. And in most cases share the same religion, job etc.

Outdoor Recreation: These are recreation activities that take place outside a building. To enjoy the facilities required for their pursuit, one needs to travel to the place or places where the facilities are located.

Indoor Recreation: These are recreation activities carried out, in or within the jurisdiction of buildings. They include activities for leisure carried out at home.

Traditional Recreation Activities: Refers to recreation activities that have been developed overtime by people based on their socio-cultural values, norms and technology adjusted to the features of leisure time available to the people.

Modern Recreation Activities: These are recreation activities introduced into a society as a result of contact with other cultures e.g. soccer, tennis etc.

Leisure: Burton (1970) defines leisure as time available to a person after the requirements of sleeping, eating and basic social and household duties have been met.

Recreation: Molyneux (1970) defines recreation to mean purposeful activity undertaken during leisure time.

Active Recreation Pursuit: This falls within the category of sport and their pursuits involve element of competition or challenges and use prepared pitches, situation etc, such activities include swimming, jogging, riding etc. It requires exhaustion of energy.

Passive Recreation Pursuit: These are recreation activities that do not require exertion or physical effort as the many experience of the activity, does not necessarily make use of defined courses, pitches etc. it also includes the act of watching others partake in active recreation like watching live or televised sporting activities.

CHAPTER TWO

CHARACTERISTICS OF RECREATION ACTIVITY

2.1 Introduction

This chapter is devoted to review of literature that provide a conceptual framework for the subject of the study and also a review of some empirical works of this research topic. Particular attention will be given to concepts, principles, standards and strategies.

2.2 Conceptual Framework

Recreation is not an easily defined homogenous entity; rather it consists of a diversity of activities undertaken in a wide range of locations. However, various definitions have certain features in common.

The word recreation is Latin derivation from the word “recreate” meaning “to create anew” or “to refresh after toil”. It is also a wholesome activity that is engaged in for pleasure and therefore it is a play.

Suleiman (2004) also stresses that recreation is something quite more than mere body exercise, consider it as a forum for man to recreate himself and an opportunity for participation in civic affairs, for partaking in aesthetic experience for developing skills for enjoyment of nature.

Recreation is all about activities freely chosen and undertaken in free time and which produce feelings of wellbeing, fulfilment, enjoyment, relaxation and satisfaction.

Baud-Bovy and Lawson (1998) refer recreation to any pursuit taken up during leisure time other than those to which people have high commitments such as overtime, second jobs, home study and various maintenance jobs about the house.

Pilgrim (1983) states that recreation is considered to be an activity voluntarily undertaken primarily for pleasure and satisfaction during leisure time. Arnold (1985) suggests that the meaning of recreation is taken to represent the recreation or revitalization of the individual after participate on certain activities, a value or worth is attributed to recreation in the sense that creativity is good and non-creativity is bad.

Recreation is the expenditure of time with the intent to gain some refreshment. It is a break from monotony and a diversion from the daily routine. It is a positive change from the stereotypical lifestyle and involves an active participation in some entertaining activity (Oak, 2010)

Ogunwuyi, (1998) perceives recreation as a substitute for vices and evil pursuit, such as gambling, stealing, drinking alcohol, backbiting etc. From these definitions, one can rightly conclude that recreation denotes activities such as playing drama, craft and dance in which people partake voluntarily during leisure time. Hence the difficulty in the definitions have prompted some authors like Pearce (1989:6) to argue that recreation and leisure are states of mind and best defined in psychological term. One can maintain that individual recreate for a variety of reasons and derive different satisfactions from the same activity.

It is clear from the definitions reviewed that there is no consensus on the definition of recreation. The definitions revealed, potent recreation as a fundamental human need.

In order to satisfy this need, usable parks, rivers, streams, coastline, lakes and playgrounds are needed. This increases the activities in which people desire to spend their increasing leisure hours.

2.3 Empirical Literature

The Empirical Literature is structured under Sub themes which include

(1) Outdoor recreation and purpose

(2) Relevance of Participation in outdoor recreation Activities.

(3) Factors that influence Recreation Activities.

(4) Criteria/Standards for the provision of outdoor recreation facilities.

(5) Classification and Characteristics of recreation activities in Nigeria

2.4 Outdoor Recreation and Purpose

The word outdoor recreation encompasses all aspects of natural environments and adventure; it means a greater use of available natural resources. This underscores the important role of the environment in recreation vis-à-vis the need to preserve a quality environment that will be conducive to the best interests of man. (Okoli 2001: 170). Outdoor recreation or outdoor activities are leisure pursuits engaged in outside, especially in (but not limited to) natural or semi-natural settings in and out of town. Examples include adventure racing, back-packing, cycling, camping, canoeing, caving, fishing, hiking, horseback riding, photography, running, sailing, skiing and surfing. During this, human behaviour becomes obvious that the outdoor recreation leaves their impact not just on the body, but also on the minds of the people.

The two primary purposes of outdoor activities are beneficial use and pleasurable appreciation.

i. **Beneficial Use:** This is related to the physical and social rewards which goal directed activities in-stills in individuals or groups. Such as backpacking, canoeing, caving, climbing etc. Gold (1980) directed outdoor activities as predominately physical, though they may also be mentally, emotionally and spiritually rewarding.

ii. **Pleasurable Appreciation:** This encourages experiences of being "let in on natures show". Enhancement of inner perceptual and or spiritual life may be experienced through outdoor activities such as nature study, aesthetic contemplation, meditation, painting, photography, archaeological or historical research and indigenous culture among others. (Borrie, 1998:133)

In Nigeria, outdoor recreation cannot be seen and perceived as a new phenomenon in the life of the people. Since time immemorial, Nigerians have been engaging in different play activities unconsciously during their leisure hours. Playgrounds, village and market square, are used as centres for cultural displays, traditional ceremonies, as well as for different kinds of socio-religious functions.

Nigerians of all sub-cultures have always had relaxation and leisure as part of their life-style. Most of the activities were locally based including the exhibition of youthful prowess in wrestling and village traditional dancing (Okoli, 2001:63).

However, most Nigerians today appears to have the misconception that outdoor recreation is a mere waste of time and money, un-purposeful and un-called for. In view of the above mentioned perception Da 'Silva Matt (2001:104) observed that people still consider recreation activities a luxury and not a major part of the family budget. He added that no wonder people find it difficult to take a break from their regular routines.

It may not also be surprising that most recreation facilities are predominantly patronized by foreigners, while most Nigerians either do not probably know the value of recreation or do not care about it.

Purposeful and positive recreation activities i.e. going out with one's family or friends to play games e.g. tennis, squash, badminton, visiting places of interest all appear to be foreign

to Nigerians, meanwhile people in developed societies prefer simple, more convenient and less expensive form of recreation that do not require great expenditures of money and time.

Boniface et al., (1994:1) also viewed outdoor recreation activities as an opportunity to bring the various groups together which gives these different component an opportunity to identify the vital elements in each culture and thereby serve as a source of unity.

According to Okunrotifa (1995) recreation could be seen as an antidote to work. That is, it reduces depression among the individuals that participate in it after the day's tedious work. In corroboration, Landers (1977) points out that participating in physical outdoor recreation reduces depression of mental illness.

Issa (2005) also supported the values of recreation in stress management by asserting that recreation activities are the most pleasant stress reliever ever invented.

The California State Parks (2005) enumerates other health benefits to include reduction of obesity, reduction of the risk of chronic disease, boosting of the immune system and increase in life expectancy.

Outdoor-recreation also promotes social bonds, improves support and development of youths. Social benefits of out-door recreation include reduction of crime (deterring negative behaviour) and promotion of stewardship.

Borrie and Roggenbuck (2001) highlight important outcomes derivable from participating in outdoor recreation to include psychological, personal development and growth, personal appreciation and satisfaction, psycho-physiological social and cultural, economic and environmental benefits.

Krippendorf (2001:79) observed the benefit of outdoor recreation on economic, social and cultural point of view. He asserted that the activity is essential to the life of nations,

because of its direct effects on educational sector of national societies and their international relations.

Bhatta (1982: 192) further advanced that outdoor recreation introduces young people to a range of worthwhile leisure pursuits which will enrich their future lives, and develops the skills and knowledge essential for safe participation. Outdoor exercise contributes greatly to health and fitness and continuing participation in outdoor pursuits encourages the maintenance of a healthy lifestyle into middle age and beyond.

Challenging outdoor experiences promote the development of communication, problem solving and decision making skills which cut across a range of occupations. They encourage a positive "opting in" and "can do" attitude. Young people's horizons are broadened, new challenges come to be relished rather than shunned and perseverance and determination are reinforced. Values and attitudes developed in a context of shared endeavour help to form a sound basis for responsible citizenship (Brian, *et al*., 1994:9).

Veal (2002:52) expressed that outdoor recreation promote sensitivity to cultural diversity. Social interaction through outdoor recreation breaks down unfamiliarity fear and isolation, factors associated with racism, and promotes positive contact between different ethnic groups and the broader community. The strength of community is increased through outdoor recreation activities that allow people to share cultural and ethnic differences.

However, from the few works reviewed so far has proved that outdoor recreation is necessary; therefore people should form the habit of engaging in the outdoor activities because participating in it will be mentally, emotionally and spiritually rewarding, it also encourage positive opting in and as well promotes sensitivity to cultural diversity.

2.5 The Relevance of Participation in Outdoor Recreation Activities

Recreation has relevance to person that participate in outdoor recreation, these relevance include; promotion of mental attitude, social, economic and environmental values.

i. Promotion of Health and Mental Attitude Recreation plays the role of relieving mental fatigue, staleness and brain tension and it restores enthusiasm for work. Dikki (1991) stated that "active recreation reduces formation of excess fat, which reduces the supply of blood brain tissues leading to stroke and heart failure. In addition, participating in recreation activities is one of the best ways to avoid infirmities associated with age. Studies have shown that problems thought to be chronic diseases of age are mainly symptoms of muscle and joint disuse. A regular exercise helps reduce some health problems associated with age. Active recreation is vital in maintaining healthy bones and helps in preventing regimen for osteoporosis i.e. a disease that causes the bone to weaken and become easily breakable (Weiss, 1993). According to Breslow (2001) Tiredness is often the result of poor circulation, which arises from lack of physical activity; people who engage in physical activity are not prone to chronic fatigue. They have an enhanced feeling or well-being and are not vulnerable to depression. Active people have lesser problems of weight, sleep better and feel better about themselves relevance of outdoor in improving cardiovascular and lung functioning are now accepted tenet of modern medicine. In 1992, the American Heart Association tagged lack of active recreation as a risk factor for coronary heart disease.

ii. **Social Values**

Recreation opens up opportunity for persons to come over sense of isolation by joining social groupings. This offers a realistic training ground for character development

especially in sports because it teaches us to accept group rules. It also imposes self-discipline and subjects our wishes when necessary, to desire of the entire group. In sports also, individuals make their contributions in their communities by representing their community's interest. This could be done as members of a team or as individuals. Though such activities, the pride of the community is promoted. Another social value of active recreation is its potential in preventing or reducing juvenile delinquency in youths. Physical activity helps to burn up excess energy of the youth thereby keeping them off streets, where they may be exposed to criminal influences. The United States Secretary of States for the Environment (1997) states that, simple facilities for recreation for young people helps improve life for many would otherwise be attracted to delinquency.

iii. **Economic Relevance**

Recreation is a source of economic growth since it is a source of income. Activities like football, swimming pool, cinemas etc whether a public or private venture generates income for the owner of the facility. This is achieved through equipment hire, club dues etc.

iv. **Environmental Value**

The aesthetic quality of an environment is well improved with the provision of recreation facilities in that area. Also, in areas where there are natural features like mountains, plants, animals and water bodies, which serve the purpose of recreation, they play the role of encouraging the presentation of natural resources and promoting a healthier and aesthetically appealing environment. In an urban area, these areas include forest reserves, picnic sites, gulf courses, gardens

2.6 Factors That Influence Recreation Activity

Generally, the followings are some of the factors influencing the recreation activities noticeable among them include physical, socio-cultural, economic, level of education, mobility and institutional factor.

Physical Factors: Physical factors classified as land and water bodies have been particularly important determinants of patterns of recreation activities. Land (space) is needed for almost all kinds of recreation activities. Land features provide opportunity for recreation activities like mountaineering swimming and sailing.

Socio-Cultural Factor: Socio-cultural factors such as age and sex influence the pattern of recreation of groups or community.

i) **Age:** According to Burton (1970), age is significant with regard to outdoor recreation. He pointed out that age between 18-25 years have maximum participation in outdoor recreation activities. Thereafter, it declines progressively with age.

ii) **Sex:** Once again Burton (1970) points out the sex affect the type rather than the level of participation in the recreation activities. Males engaged in more recreation activities than female like football, boxing, fishing, hiking, while handball and photographing are more associated with female. Therefore, planners should consider recreation use as an important future land use taking into account gender differences (Joanna, 1997).

Economic Factors: Income has some bearing on the level and type of participation in recreation. Those with higher income are more likely to participate more frequently in recreation activities. This is more so with recreation pursuits such as polo, golf that requires substantial amount of money for equipments.

Educational Factor: Educational level shows some relationship with leisure patterns. It affects both type and level of participation. Studies carried out by Shafalda (1982) and Inusa (1985) in Yola and Kaduna respectively have shown that those with western education lead to prefer modern over indigenous recreation activities and vis-versa.

As regards the level of participation from a study carried out by Outdoor Recreation Resources Review Commission (ORRRC) in used in 1986. It was discovered that those with college education engaged in greater number in outdoor recreation activities than those with less education. The contention here is that, higher education exposes one to a variety of ideas and experiences with the recreation habits one engages in.

Mobility: Transportation influences the level of participation in recreation. It is one thing to have a recreation facility development at a place and it is another thing for people to get there. Therefore, people with means of mobility tend to visit such centre and participate in the activity more frequently than those without a means of mobility and transport.

2.7 Criteria/standards for Provision of Outdoor Recreation Facilities

1. **People orientation:** They should reflect the needs of people in the area being served.
2. **Feasibility:** They should be attainable in the planning period with existing or projected funds.
3. **Practicality:** They should be simple to apply revise, or project in the planning decision process.
4. **Relevance:** They should relate to the people and times

Table 2.1: General Standards for Distance of outdoor Recreation Planning

Hierarchy	Time/distance	Recreation time	Facilities	Pop
Locality	500m – 1km 10-15 mins	Very short period	Children play ground, club houses, viewing centres	Up to 500
Neighborhood	1-2km 15-30mins	Short period	Parks, gardens, tennis courts, sport ground	500-1,000
District	2-5km 30-45 mins	Short period	Library, swimming pool, sports	5,000-10,000
Town/city	Up to 15 km 45-50 mins	Short period	Major sport centre large parks	Urban area above 10,000
Regional	50-80km over 60 mins	Full day and over	Outdoor router areas public park & gardens	20,000 above
National	Longer distance	Several days	Mountains, beaches, waterfalls etc	Resource based facilities

Source: Adopted from Obateru (2009)

The table above shows the general standards for recreation planning, the locality, neighbourhood, district, city, regional and national. It also shows time & distance, the facilities including the population.

Table 2.2: General Space Standard for Providing Recreation Facilities

Type of recreation facilities	Space requirements for activity per population	Ideal size of space required for activities	Recreation area where in activity be located
Children's play area (with equipment)	0.5 acre/1,000 population	1 acre	Playgrounds neighborhood park, community parts school playgrounds
Field play areas for young children	1.5 acres/1,000 population	3 acres	Playgrounds neighborhood parks, community parks
Older children adult field sports activities	1.5 acres/5,000 population	15 acres	Play field community park district park
Tennis outdoor basketball	1.0 acres/5,000 population	2 acres	Playfield community park
Swimming pool	1 outdoor pool 2,500	Competition size plus wading pool 2 acres	Play field community park
Major boating activities	100 acres, 150,000	100 acres & above	District park regional park or reservation
Hiking camping horseback riding-nature study	10 acres/1,00 population	500-1,000 acres	Large district park regional park
Golfing	1-18 hole course per 50,000 pupation	120 acres	Community park /district park

Source: Adopted from Chapin 2011

The table 2.2 above identifies the general standard for recreation activities, but there is no universally acceptable standard for difference in characteristics of different localities. However, various planning organizations have adopted standards that best suits their peculiarities.

This standard quoted above is in line with the conceptual challenges of the modern standard of 2011, because planning for recreation activities is always base on the need of the users and available space and the population of the area (Obateru 2003).

2.8 Classification and Characteristics of Recreation Activities in Nigeria

The recreation activities in Nigeria could be broadly classified as modern or indigenous. See table 1:01.The characteristics of recreation activities in Nigeria are discussed using the following criteria; location of leisure activity or facility, space requirement for the activity, characteristics of the participants and operational basis for the activity. See table 2:02.

i) **Location of Recreation Activity:** Certain modern and indigenous activities have similar locational characteristics. Modern activities such as picnic, camping and indigenous activities like games take place in the country side.

ii) **Space Requirement:** Modern activities such as golf, polo require large open space while indigenous activities like *dara* (Hausa) *ayo* (Yourba) take smaller space to pursue.

iii) **Characteristics of the Participants:** Age, sex and status are the three components of participant's characteristics in this discussion.

Age: Modern sporting activities like soccer, basketball and indigenous sports like *Kokawa* (Hausa) are more associated with the youth, while golf and *ayo* (Yoruba) are associated with the grown up or older people.

Sex: In traditional setting females participate more in home based activities than their male counter parts. Similarly, males participates more in active games than females sports such as soccer, boxing etc are widely associated with males and handball with females.

Status: In Nigerian context, modern leisure time activities like golf, polo etc. are dominated by certain class of people – the rich

iv) **Operational Basis:** Traditionally, indigenous recreation activities are operated on non-subscription basis while modern spectator sports require payment for subscription as gate fees etc.

Most modern activities have standardized space size while traditional or indigenous activities have no such standards.

Table 2.3: Classification of Recreation Activities

Major Classification	**Degree of Physical Activity**		**Place of Activity**			**Resources for Activity**		
	Active	**Passive**	**Out door**	**In door**	**Both in-out door**	**Land**	**Water**	Air
Modern Activities	Soccer, Tennis, Hockey, Swimming, Boxing etc	Camping, Picnicking, TV viewing, Sight seeing etc	Soccer, Golf, Hockey, Polo, Boating, Cycling, Jugging etc	Dart cards, Ludo, Chess, TV viewing	Table tennis, Scrabble, Basketball, Swimming etc	Soccer, Golf, Valley ball, Squash, Badminton etc	Swimming, Sailing, Surfing skilling etc	Parachuting, Sky diving, Ballooning etc
Indigenous Activities	Langa-Kokawa (Hausa), Sharo (Fulani) Anda (Ijaw)	Dara (Hausa) Alo, Ayo (Yourba), Bara (Kanuri) Epele (Ijaw) etc.	Kokawa Dambe (Hausa), Sharo (Fulani), Igbe dide (Ibo), Tiri yo (Ijaw)	Tatsuniya (Hause), Baju Baju (Yoruba), Monimillion (Ibo), Epele (Ijaw) etc	Ayo (Yoruba), Chomuo (Ibo), Baju Baju (Yoruba) etc.	Chomuo (Ibo), Baju Baju (Yoruba), Bolifamu (Ijaw) etc.	Lambo Lambo (Hausa), Boat Regatta (Ijaws)	

Source: Attah (1986) and Field Survey (2011)

Table 2.4: Characteristics of Some Modern Recreation Activities

S/N	Types of Activity	Location of Facility	Time of Activity	Space Requirement	Characteristics of Participant	Operational Basis
1.	Scrabble, charts ludo, cards playing	Could be both in or outdoors in the court yard or anywhere	Day or night	Min 2x2 meters or more depending on the number of participants	Mostly male adults except ludo game which has mostly females both sex- males or females	Usually for pleasure though money could exchange hands if setting is used as could be the case with darts and cards playing.
2.	Football, hockey, handball, swimming	Outdoor, close to population areas as to attract users. Equally practicable outdoor	Day or night	96x45 meters can accommodate each activity	Usually males youth females could dominate handball	Could be for both commercial and non-commercial basis
3.	TV viewing, video, cinema washing	Indoor at varying location	More at night though could be in the day time too.	Varies	Both sexes but more of children and females in case of TV and video. But youth presently are involve because of the English league football matches.	Except cinema, all others attract no fee before use initial purchase is however required.
4.	Mountaineering picnic camping	Outdoor usually in the country side	Day time for the 1st two over night stay or more for the last	Varies with participants	Both males and females	Usually for pleasure nor organised on commercial basis

Source: Inusa (1985) and Field Survey (2011)

2.9 Background to Study Area

Yenagoa town is the capital city of Bayelsa State and the headquarters of Yenagoa LGA. It is habited by indigenes and non indigenes of Bayelsa. The area is bordered by Kolokuma/Opokuma LGA in the West, Southern Ijaw Local Government Area in the South, Ogbia Local Government Area in the North and Rivers state in the East. The area lies within the rain forest zone, with humid equatorial climate and mean annual rainfall ranging from 2,000 to 4,000mm, and alternating rainy (March to November) and dry (December to February) seasons, featuring a short dry period between July and September. It is located within $6^0$7´ East to $4^0$58´ North of the equator. It has a population of 42,463 in the 2006 population census. It has an area coverage of 3,900km^2 according to the Bayelsa State Ministry of Lands and Housing. The study area is predominantly dominated by the Ijaw ethnic group along with Epie/Atissa speaking people, and Ogbia and Nembe speaking group of people who are migrants from other Local Government Areas in the state. The occupational mainstay of the inhabitants are fishing, farming and trading, but are presently dominated by civil servants. The reason is that Yenagoa is the political and administrative headquarters of Bayelsa state.

The people of Yenagoa town are also known for their hospitality, a characteristic that has sustained the operations of multinational oil companies and Bayelsans from other local government areas. The people are also uniquely enterprising, hence other indigenous investment are in operational level. With a list of over 15 banks operating in Yenagoa town, the state capital, business support from the banking industry is guaranteed. The telecommunications sector is also sufficient to support investment with a digitalized system from the national carrier and NITEL and the GSM facilities.

Beyond this, the people of Yenagoa enjoy a unique cultural heritage, as there are several cultural groups from each ward and this has always attracted people from other Local Government Areas within the state and beyond. The cultural heritage underpins the government's focus on tourism development as well as its landscape that adds splendor to its attraction.

Humidity: Relative humidity is an indicator of the moisture content of the air of any particular place at a given period of time.

Tourism: Yenagoa is undeniably the capital of Bayelsa state not just for its investment opportunities but a place where people go to participate in recreation activities. The recreation activities include: soccer, table tennis, swimming, boxing, dart, cards, ludo, TV viewing, sightseeing, scrabble, basket ball, lawn tennis etc. The overwhelming beauty of these activities leaves no one in doubt that Yenagoa is indeed the centre of recreation.

Agriculture: The land and climate in Yenagoa support the cultivation of both food and cash crops. These include oil, plantain, yam, cocoyam cassava, sugar cane. This also encourages the state government to invest on food production and marketing of agricultural products.

Culture: Yenagoa has a rich culture, which is evident in the people's dressing, way of life and the celebration of festivals. The people of Yenagoa are colourful dressers, displaying a fashion consciousness unparalleled in the Niger Delta.

The various communities that make Yenagoa town have a long list of colorful festivals, which run throughout the year. The people are also known for their beautiful dances, canoe war displays and boat regattas.

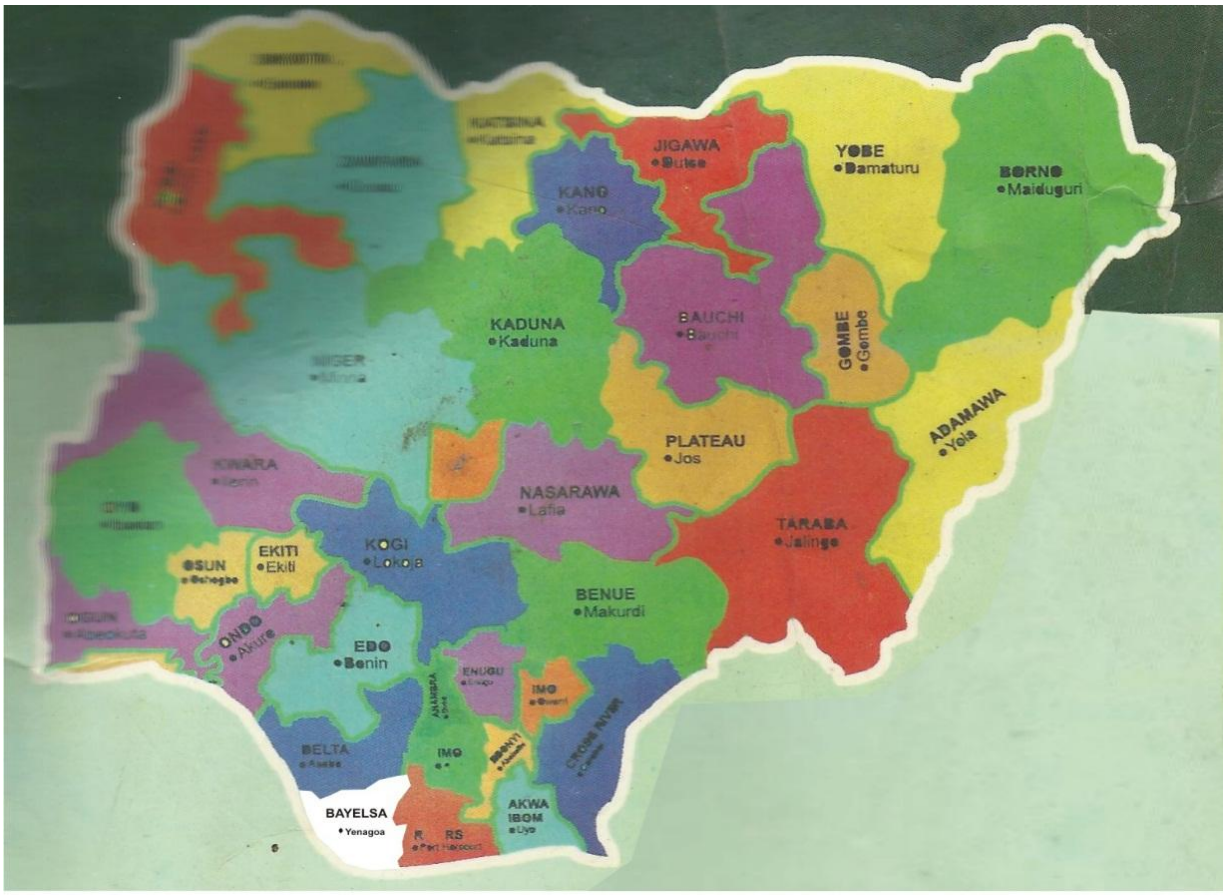


Fig. 2.1 Bayelsa State in National Context

Source: Bayelsa State Ministry of Lands and Surveying Yenagoa (2011)

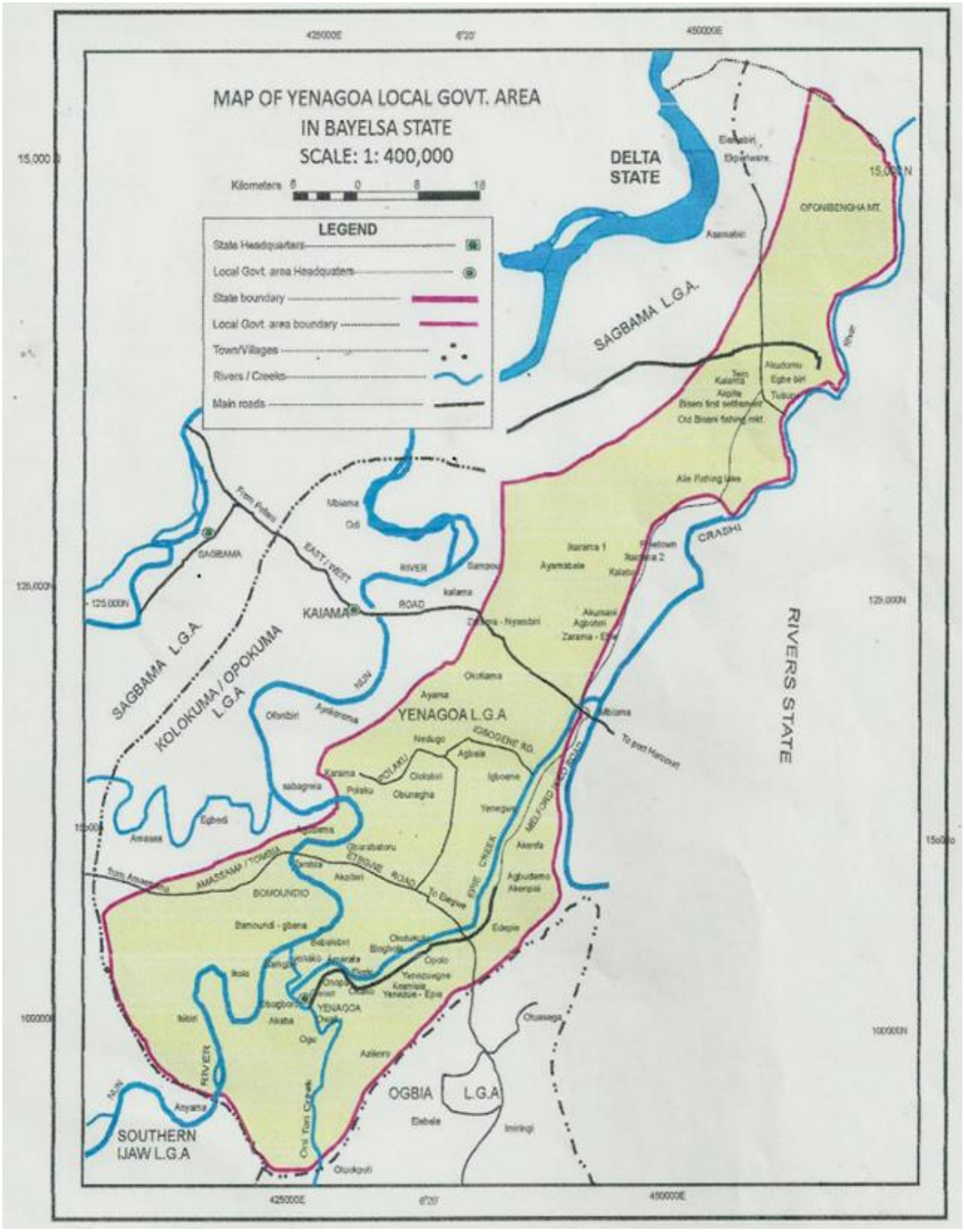


Fig. 2.2: Map of Yenagoa Local Government Area Bayelsa State

Source: Bayelsa State Ministry of Lands and Surveying Yenagoa (2011

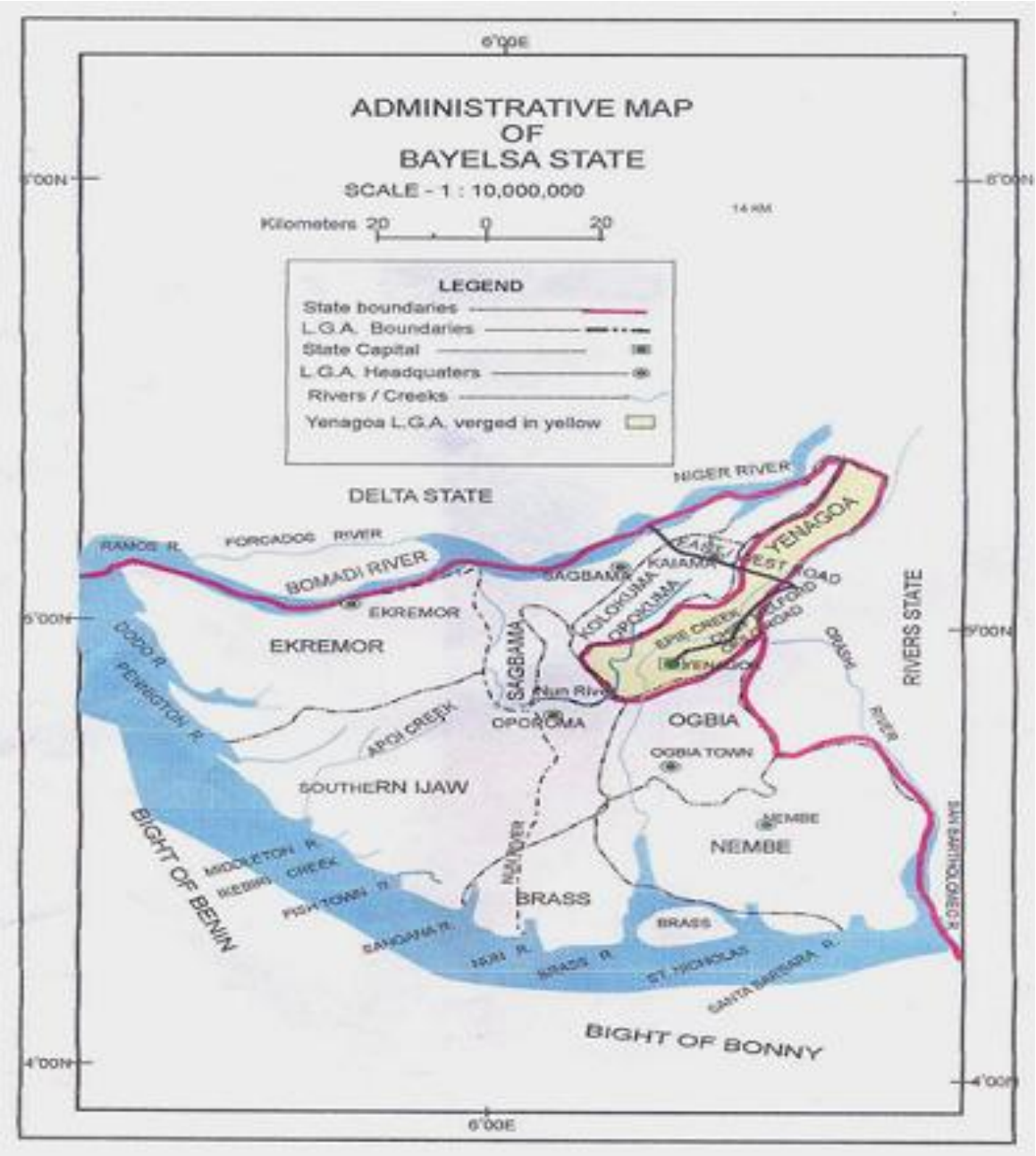


Fig. 2.3: Map of Bayelsa State

Source: Bayelsa State Ministry of Lands and Surveying Yenagoa (2011)

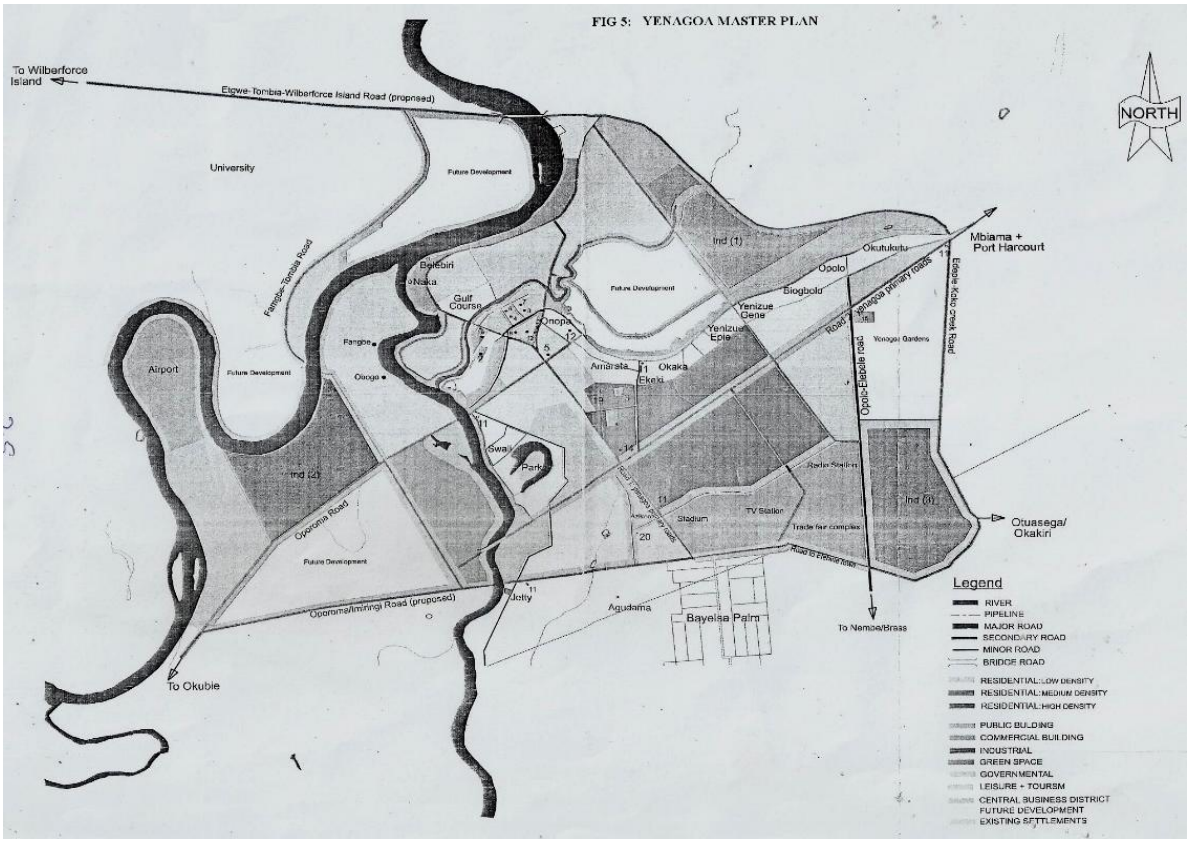


Fig. 2.4: Yenagoa Master Plan

Source: Bayelsa State Ministry of Lands and Surveying Yenagoa (2011)

CHAPTER THREE

METHODOLOGY

3.0 Introduction

This chapter is devoted to the steps that were taken in achieving the objectives of the study. It include data needed and the sources of these data such as sampling frame, the sample size, sampling techniques used as well as the quantification and analysis approach to the study.

3.1 Relevant Data

In conducting this research, numerous types of data were required in providing the investigation with information on the situation at hand and expectations on the issue under investigation.

Table 3.1: The Types of Data used and Sources

S/N	Data Required	Variable	Sources
1	On the study area	Base map of the study area	Ministry of lands and housing
2	Demographic information of population of the study area	Age, Sex, Income etc.	Questionnaire survey
3	Socio-economic characteristics of the study population	Occupation, education, employment level etc.	Questionnaire survey
4	Recreation facilities	Football field, swimming pool, lawn tennis court,00000000000 table tennis court, TV viewing centre, skiing boat.	Observation
5	Location of facilities	Yenagoa, ward 1, Famgbe ward 2, Opolo ward 3, Ogboloma ward 6, etc.	Questionnaire survey
6	Means of transport to the recreation activity centres	Car, boating, walking, bicycling, biking etc.	Questionnaire survey
7	Spatial and Linear attribute	Dispersed, Polycentric etc.	Questionnaire survey
8.	Composition of participants	Boys, Girls, Men, Women	Questionnaire survey

Source: Field work 2011

3.2 Description of Data

1. **Map of the study area:** This data is useful in determining the wards in Yenagoa town and also identify the towns that made up Yenagoa.
2. **Demographic information:** This data is primarily concerned with the age, gender, income etc. These variables are important because they help in determining the relationship between them and participation in outdoor recreation activities.
3. **Socio-economic characteristics of the study population:** This data measure the socio-economic class of the study population. It also determines the level of awareness and desires including the educational attainment of the respondent, the employment status as well as the income. This to a very large extent is to enable the researcher know whether or not they influence the practices in outdoor recreation activities.
4. **Means of transport:** This data determines the most common means of transport the respondents use to the recreation centre. This of course determines whether means of transportation influences their participation in the activities.
5. **Spatial and linear attributes:** This assesses whether the facilities are polarized or dispersed to enable respondents to have access to engage in the practice. The polarized concept involves the disposal of recreation activities at different places, while the concept of centralised activities is an attempt to house all recreation activities on the same piece of land.
6. **Composition of participants:** This data determines the category of people that mostly participate in recreation activities.

3.3 Methods of Data Collection

Data for this study were collected from primary and secondary sources. Primary data were obtained directly from the field using questionnaires. This source is important because it gathers information that helps in determining constraints to outdoor recreation practice. Secondary data sources included information from textbooks, journals, unpublished materials, maps and other appropriate literature on recreation activities. A good review of literature removes limitation of having the researcher's opinions about the fact discovered, thus building a stronger foundation for the study.

3.4 Reconnaissance Survey

The visual survey of the study area was carried out to observe and study the physical characteristics of Yenagoa recreation activities. Photographs of the activities etc were also taken.

Recreation centres in the study area were also identified during the reconnaissance. This assisted in distributing the number of questionnaires in each household of the ward. The population census office was contacted to know the exact population size. The essence of this is to take part of the whole population of Yenagoa town that stand as a representation of the entire population of 42,463 people.

3.5 Questionnaire

Questionnaires were developed by the researcher and administered to the respondents from which useful information was gathered on outdoor recreation characteristics. This method was chosen because it is very effective in seeking views of people about the particular issue that concerns them. It also has the advantage of time, cost and coverage as well as offering multiple choice responses (See sample of

questionnaire in the appendix). The instrument was designed to obtain personal data of people such as age, sex, income, occupation, educational background and other research questions. The questions developed were fixed i.e. yes or no answer or close or open ended variables were also provided for respondents to choose.

3.6 Population of the study

According to Cooper, Fletcher, Gilbert and Wanhill (2008), the term "population" or "universe" is used to describe all those under consideration. However, it is always difficult to study the entire population. Therefore, the researcher would always choose among the population a convenient number that can be studied (Umoru, 2003). The population of the study area for this research work has 34 communities. The total estimated population of persons as projected in 2006 is 42,463 (National Population Commission, 2006). The 34 communities are grouped into 10 wards where each ward has at least 2 communities in it. Yenagoa is the study area which is the capital of Bayelsa State. However, it is worthy to note that Yenagoa is a name of one of the communities in ward one. Yenagoa is also the name to one of the local government headquarter in Bayelsa, that is, Yenagoa Local Government Area. Hence, Yenagoa as the capital of Bayelsa state is of focus because all the 10 wards from which our sample will be drawn are contained in it.

Table 3.2: Projected Population of Yenagoa Town for 2011

Wards	Communities	Number of communities	Population
Ward 1	Yenagoa, Ovom, and Onopa	3	10,413
Ward 2	Famgbe, Yenaka, Ikolo, and Swali	4	3,090
Ward 3	Opolo, Ekeki, Yenizue-Epie and Azikoro	4	4,527
Ward 4	Biogbolo, Yenizue-gene and Kpansia	3	2,548
Ward 5	Igbogene, Agudama-Epie, Akenfa	3	4,802
Ward 6	Ogboloma, Agbia and Nedugo	3	3,475
Ward 7	Okolobiri, Obunagha, and Okotiama	3	3,001
Ward 8	Koroama and Polaku	2	2,830
Ward 9	Agudama-Ekpetiama, Tombia, Gbarantoru and Akaibiri	4	3,932
Ward 10	Tein, kalaba, Egbebiri, Akumonu and Tuburu	5	3,845
	Total	**34**	**42,463**

Source: Projected Census for 2006 (National Population Commission)

3.7 Sample Frame

It was observed from pre-field survey that the residential settings in most of the communities were poorly organized. There are no forms of organised house registration or numbering with irregular street formation. However, for this study the household heads are of focus in the frame because it is cheaper and more convenient to administer questionnaires.

3.8 Sampling Size

The sample size used for the study is approximately 0.87% of the total population projected for 2006 by National Population Commission (2006). Hence, 0.87% of the total population (42,463) is 368. This value is reached at based on Krejcie and Morgan (1970) recommendation for determining sample size. Therefore, 368 questionnaires will be administered to household heads of the 10 sampled communities from the 10 wards in

Yenagoa town with a household population of 8492. The houses in each community from its respective ward were numbered and every 5th house becomes a sample subject where the household head is administered a questionnaire to fill.

Table 3.3: Questionnaire administration on Projected Population of the wards

Wards	Number of communities in each ward	Communities selected in each ward	Number of sampled residence in each communities	Percentage of the sampled residence
Ward 1	Yenagoa, Ovom, and Onopa	Yenagoa	90	24
Ward 2	Famgbe, Yenaka, Ikolo, and Swali	Famgbe	27	7
Ward 3	Opolo, Ekeki, Okaka, Yenizue-Epie and Azikoro	Opolo	39	10
Ward 4	Biobgolo, Yenizue-gene and Kpansia	Biogbolo	22	6
Ward 5	Igbogene, Agudama-Epie, Akenfa	Igbogene	41	11
Ward 6	Ogboloma, Agbia and Nedugo	Ogboloma	30	9
Ward 7	Okolobiri, Obunagha, and Okotiama	Okolobiri	26	8
Ward 8	Koroama and Polaku	Koroama	25	6
Ward 9	Agudama-Ekpetiama, Tombia, Gbarantoru and Akaibiri	Agudama	34	10
Ward 10	Tein, Kalaba, Egbebiri, Akumonu and Tuburu	Tein	33	9
Total	**34**	**10**	**368**	**100**

Source: Field Survey, 2011

3.9 Sampling Techniques and Selection

As earlier stated in section 3.6, the target population has 34 communities are grouped into 10 wards. Ten communities will be selected for the study whereby community will be selected from each ward. The sampling technique used in selecting the sample is the cluster sampling (area sampling) because it deals with group selection (Abdulazeez, Onah and Umar, 2002). In this study each ward form a cluster which contain at least 2 communities. A community is selected from a cluster (ward) based on preference criteria, that is, communities with highest residence concentration so as to

draw a better representation sample of the population. The 10 communities selected based on these criteria are Yenagoa, Famgbe Opolo, Biogbolo, Igbogene, Ogboloma, Okolobiri, Koroama, Agudama and Tein. The use of 368 is in accordance with Krejcie and Morgan (1970) determining sample size which suggest that in every population size of 8,000 to 9,000 a sample size of 368 should be used.

Table 3.4: Determining Sample Size from a Given Population

Population Size	Sample Size
1200	291
1300	297
1400	302
1500	306
1600	310
1700	313
1800	317
1900	320
2000	322
2200	327
2400	335
2600	338
2800	341
3000	346
3500	351
4000	354
4500	357
5000	361
6000	364
7000	367
8000	368
9000	370
10000	375
15000	377
20000	379
40000	380
50000	381
75000	382
100000	384

Source: Krejcie and Morgan, 1970

3.10 Method of Data Acquisition

In this study the various methods mentioned forms the bulk of data acquisition which is questionnaires administration and observation.

i. Questionnaire Administration

The questionnaires were administered in each of the selected households in the community of the ward. Both open ended and close ended questionnaire was administered; options or variables were also provided for respondents to choose.

ii. Observation

A direct observation was adopted to enable the researcher have first hand experience of the happenings/events of any given situation. The purpose of this method is to obtain first-hand information for the study; it is important because it takes less time and also eliminates the possibility of bias, which may frustrate the realization of the research objectives.

iii. Interview: This method was also used to obtain some information from the regular participants of outdoor recreation centres.

3.11 Method of Data Analysis

The descriptive data analysis method is used here because this study intend to answer research questions. A simple statistical scale of percentage and applicable mathematical models through averages and percentages.

3.12 Method of Data Presentation

In this study, data for this research are presented in various formats which include tables, bar graph, pie charts and pictorial presentations and descriptive statistics.

CHAPTER FOUR

DATA PRESENTATION AND ANALYSIS

This part of the project reports the primary data collected from the field. It presents information about the level of the participation in outdoor recreation activities in the study area and also the indoor recreation level.

4.1 Inventory of Outdoor Recreation Facilities In Yenagoa

From the Table 4.1 below showing an inventory of the existing outdoor recreation centres, there is a strong indication that most of the outdoor recreation centres are in ward 1; it has a total of 26 outdoor recreation centres because it is in the heart of Yenagoa town, while ward 3 has 12 which is the second highest concentration of outdoor recreation centres, However, a total of 86 recreation centres are discovered in the study area.

It is observed from Table 4.1 below that concentration of outdoor recreation centres are more in ward 1 and this has discouraged interested users in engaging in outdoor recreation activities regularly due to distance from their residences, and this was discovered during the assessment survey exercise in this work. See table 4.15

Table 4.1: Inventory of Outdoor Recreation Facilities

COMMUNITIES	AVAILABLE OUTDOOR RECREATION FACILITIES									
	Ward	**Swimming pool**	**Foot ball field**	**Volley ball court**	**Basket ball pitches**	**Open relaxation centres**	**Table tennis / badminton**	**Lawn tennis court**	**Community Play Ground**	**Total**
Yenagoa, Ovom, and Onopa	Ward 1	5	3	4	3	2	5	2	2	26
Famgbe, Yenaka, Ikolo, and Swali	Ward 2	1	2	0	0	0	0	0	2	5
Opolo, Ekeki, Okaka and Yenizue-Epie	Ward 3	2	2	2	2	0	1	2	1	12
Biobgolo, Yenizue-gene and Kpansia	Ward 4	1	2	0	0	0	1	1	1	6
Igbogene, Agudama-Epie, Akenfa	Ward 5	0	2	0	0	1	1	1	1	6
Ogboloma, Agbia and Nedugo	Ward 6	1	3	0	0	0	0	0	3	7
Okolobiri, Obunagha, and Okotiama	Ward 7	1	2	0	0	0	0	0	3	6
Koroama and Polaku	Ward 8	1	2	0	0	0	0	0	2	5
Agudama-Ekpetiama, Tombia, Gbarantoru and Akaibiri	Ward 9	1	2	0	0	0	0	0	3	6
Tein, Kalaba, Egbebiri, Akumonu and Tuburu	Ward 10	1	2	0	0	0	1	0	3	7
Total		**14**	**22**	**6**	**5**	**3**	**9**	**6**	**21**	**86**

Source: Field Survey, 2011

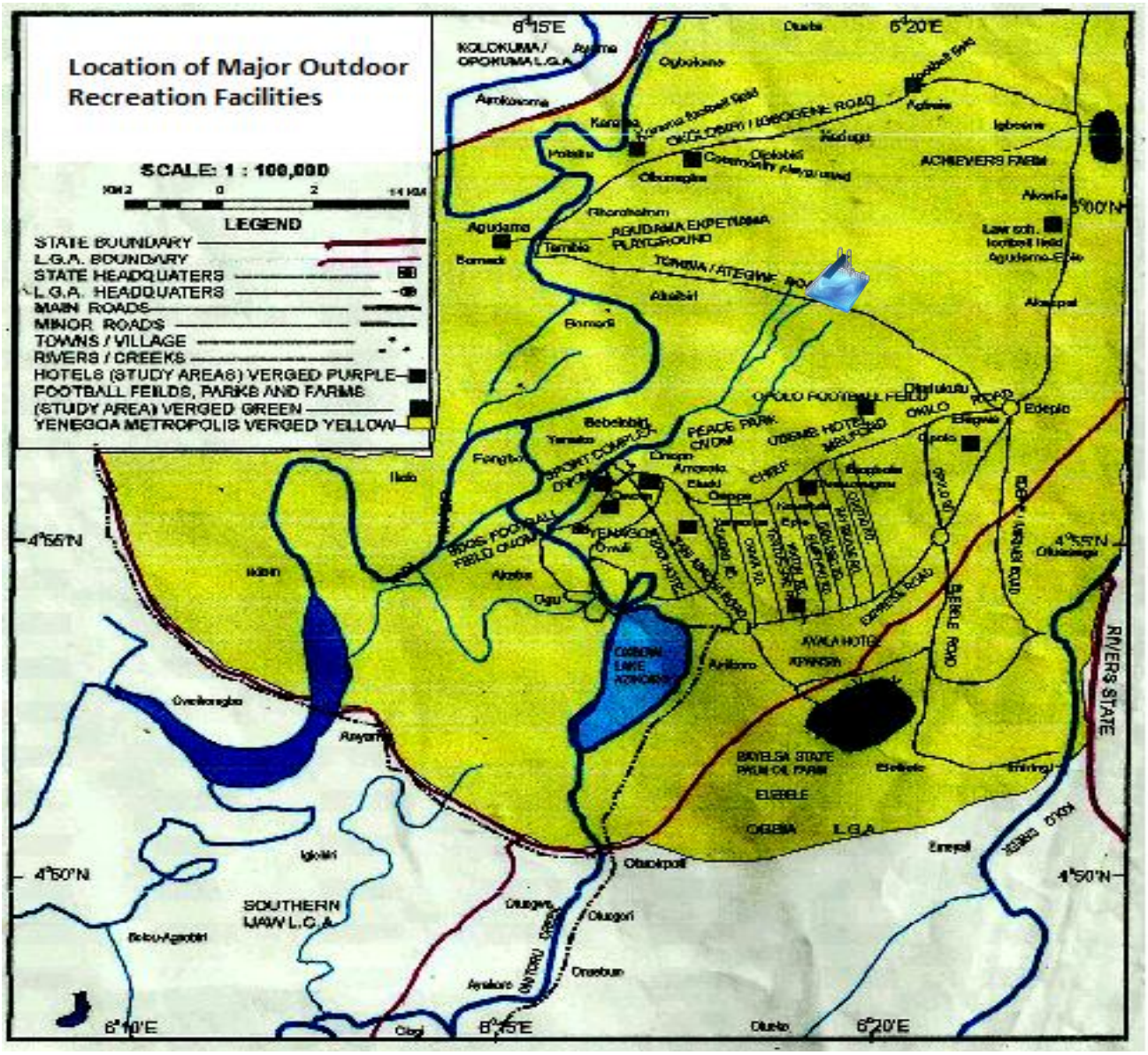


Figure 4.1: Location of Major Outdoor Recreation Facilities

Source: Bayelsa State Ministry of Lands and Surveying Yenagoa (2011)



Plate 4.1: Pictorial Views of Some Existing Outdoor Recreation Centres in Yenagoa. (Fieldwork, 2011)



Plate 4.2: Pictorial Views of Some Existing Outdoor Recreation Centres in Yenagoa. (Fieldwork, 2011)

4.2 Various Activities that functions at the Study Area

The table 4.2 below is to show the various facilities that are functioning at the study area. From the table, it shows that recreation activities such as canoeing, swimming, boating and fishing could function in oxbow lake which of course is located at Swali community axis, while others activities like basketball, football and lawn tennis could take place in Siasia sports complex. But film showing, drinking and dancing are activities that could take place in Peace Park.

However, all of these are found in ward 1, which may be of some distance from the participants that could affect regular participation.

The Table below shows the various facilities assessing the activities that functions at the centre in the study area.

Table 4.2: Major Outdoor Recreation Facilities in Yenagoa

S/N	Facilities	Location	Recreation Activity
1.	Oxbow Lake, Swali	Swali Community	Canoeing, Swimming Boating, Recreation Fishing
2.	Football and Athletics Field, Ovom	Ovom Community	Football, Athletics
3.	Waterfront Park	Yenagoa Community	Swimming
4.	Peace Park Viewing Centre,	Ovom Community	Film Showing, Drinking and Dancing
5.	Siasia Sports Complex	Ovom Community	Basketball, Football, Lawn Tennis

Source: Field Survey, 2011

4.3 Leisure Time Utilisation

Data on the use of leisure time indicates the percentages of the people that uses their leisure time to either have recreation, rest or do other things. The data indicates that 70% of the people have leisure time but most of them use their leisure to rest. This may unconsciously make them to engage in watching T.V or play Whot. However, this is because most people are ignorant of the importance of outdoor recreating, while only 20% do use their leisure time in recreation activities but 10% engage in other activities either knowingly or unknowingly. It is believed that with adequate enlightenment on the importance of outdoor recreation such leisure time can be devoted to recreate.

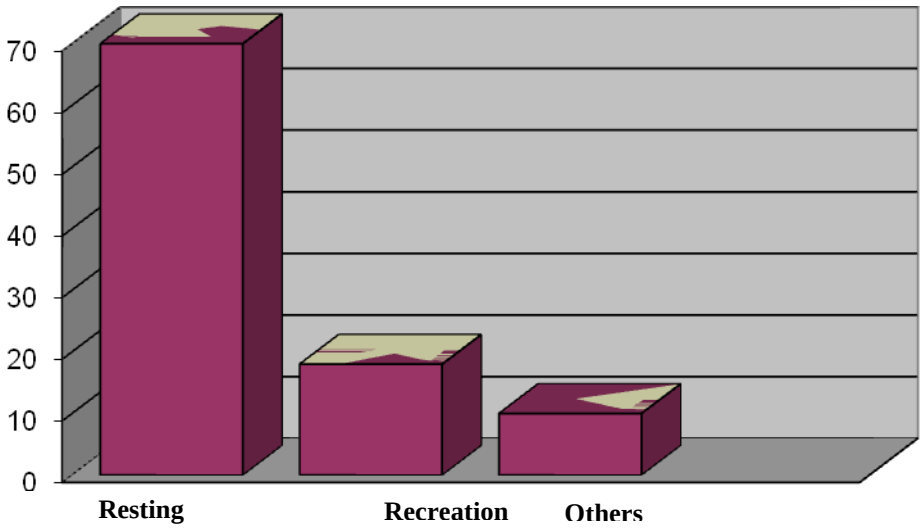


Figure 4.3: Use of Leisure Time (Percent of Sample)
Source: Field Survey 2011

4.4 Perceptions of Value of Outdoor Recreation

The perception of people about recreation could be diverse and this may affect their engagement in outdoor recreation activities. Table 4.11 reveals that about 34% of the respondents have the perception that outdoor recreation activities are mere waste of time, and 21% consider it as an avenue of getting involved in an unnecessary spending of money, while 27% feels it is more or less an avenue for unwholesome pursuit. Hence, as Regheb (1991) observed, with this perception of the use of outdoor facilities as described, the outdoor recreation activities become a source of stress to some people. It is only 16.8% that has positive perceptions of the outdoor recreation activities as shown in the perception of them being places for creating new relationship and also an ingredient of long life.

The negative perception of the outdoor recreation activities in Yenagoa town equally negatively affects the general participation in outdoor recreation activities; hence low participation is always recorded in the outdoor recreation activities. The reason for not participating is that most respondents consider it as time wasting and an unwholesome pursuit.

Table 4.3: Perception of Outdoor Recreation Activity

Perceptions	**Respondents**	**Percentage (%)**
Avenue to Create new relationships	62	16
Unwholesome pursuit	102	27
Time wasting	126	34
Unnecessary spending	78	21
Total	**368**	**100**

Source: Field Survey, 2011

4.5 Participation Level and the Socioeconomic Attribute of Residents

Population being one of the determinants or consideration in the planning, provision and participation of outdoor recreation activities is important because the respondents' demographic profile have a direct bearing on this study. These data is primarily concerned with the age, gender, occupation, marital status, educational attainment of the population. These variables are important in determining the relationship between them and participation in outdoor recreation activities. The researcher is interested in knowing whether or not they influence participation in outdoor recreation activities. According to 2006 projected population of 2011, Yenagoa town has a population of 42,463. The census further revealed that 23,832 are males, while 18,631 are females.

4.5.1 Gender and Participation level

Table 4.4 below indicates that males obtained 71% while females scores only but 29%. The low rate of outdoor recreation activities among female could be as a result of none challant attitude over recreation activities and females in most cases are under the control of their male counterpart and thereby engaged more in indoor recreation activities, such as watching TV, computer games, busy with phones etc Borton (1970) also justify the sex affect the type rather than the level of participation in the recreation activities, males engaged in more recreation activities than female. This implies that outdoor recreation activities are popular among males; however participation drops as they grow older. These and other reasons invariably weaken the general engagement of outdoor recreation activities in the study area.

Table 4.4: Gender and Participation Level

Gender	Respondents	Percentage of Participants
Male	263	71
Female	105	29
Total	368	100

Source: Field survey, 2011

4.5.2 Age and Level of Participation of Choices

Table 4.5 below reveals that majority of males respondents who fall between the ages of 15-22 years, have the choice of engaging more in watching football games which of course is an indoor activity while the female respondents engage in watching African movies but the age group of males who participate in playing football was discovered in the age group of 23 – 30 years, while the female of the same group still engage in watching TV. This is followed from the age group of 31 and above where males under this, engage in open relaxation while female counterpart find their selves in domestic activities. Burton (1970) also justified that age is significant with regard to outdoor recreation. He pointed out that age between 18-25 have maximum participation in outdoor recreation activities.

Generally, the table indicates that the male respondents constitute the majority in the study area and comparatively engage in outdoor activities more than their female counterpart. The effect of female population not participating in outdoor recreation activities may be as a result of not having too much strength. Besides, majority of the females are complete house wives who are engaged in domestic duties and think about the up-keep of the family instead of social engagement. Therefore, they lack the time to engage in extracurricular activities like recreating. However, it is natural that

participation in outdoor recreation among female increases at the adolescent age slightly and then continually slides down as female ages, therefore recreation engagement will be more focused on indoor activities, but participation stays longer among male and then also gradually dwindles, hence the general low patronage of outdoor recreation activities may have arisen in the study area.

Table 4.5: Age, Level of Participation and Choice of Recreation

Age Bracket	**Number of Respondents**	**Number Participating**	**Percentage Participating**	**Dominant Choice of Activity**
15 – 22	98	73 males 25 females	26.3 9	Watching football games (males) Watching African movies (Females)
23 – 30	70	48 males 23 females	17 8.3	Playing Football and Basketball, watching Televised European Football League matches (Males) Viewing T.V (Females)
31-above	108	63 males 45 females	22.7 16.2	Open-air Relaxation (Males) Domestic activities (females)
Total	**368**	**277**	**100**	

Source: Field Survey, 2011

4.5.3 Marital Status and Level of Participation

Marital status to an extent also dictates the level of participation in outdoor recreation activities. The table below shows that 205 respondents are married and this number represents 55.7% of the total respondents, while 101 respondents which represent 27.4% are widows/widowers, 15% accounts for the singles and 1.1% represents the missing cases. The married people taking the lead of not always engaging in outdoor

recreation activities indicates that they have more domestic responsibilities than those that are single, thereby ending up in indoor recreation activities. For the case of widows/widowers, they have already developed a psychological set back and could not be happy to engage in recreation activities. It is only the single persons which captured 15% that engages in outdoor recreation activities. This in totality affects the general participation in outdoor recreation activities in the study area.

Table 4.6: Marital Status of Respondents and Level of Participation Recreation Activities

Status	**Number Participating in outdoor recreation activities**	**Percentage**
Single	58	15
Married	205	55.7
Widow/widowers	101	27.4
Missing cases	4	1.1
Total	**368**	**100**

Source: Field Survey, 2011

4.5.4 Occupation and participation levels

The occupation of the people serves as a pointer to participate in a particular recreation type. The table below indicates that students who score 24.4% engage more in football activities, probably because majority of them are strong and energetic, but the civil servants who obtained 53.8% falls into TV viewing, however, the self-employed group that scores 21.7% engage more on jugging and resting.

It then means that the civil servants participate more in TV viewing which of course is an indoor game when back from work place, while that of self-employed is into jugging and resting to keep body fit and strong for next day survival.

The entire data then means the aftermath of the dominated civil servants engaging in indoor recreation by TV viewing have resulted to the low patronage in outdoor recreation activities in the study area.

Table 4.7: Occupation and Level of Participation in Recreation Activities

Occupation Group	Number Participating	Type of Participation	Percentage
Students	90	Football	24.4
Civil servants	198	TV viewing	53.8
Self-employed	80	Jugging/Resting	21.7
Total	368		100

Source: Field Survey, 2011

4.5.5 Family size and level of participation

The family size could determine one's engagement in social activities such as lawn tennis, football, table tennis, swimming, drinking, watching TV, play card games etc. From Table 4.8 below, it is observed that 198 respondents have the largest family size with the percentage of participation of 53% followed by 67 that scores 18.6% while 11% and 14% respectively have the lowest family size. This shows that respondents that fall between 11% and 14% have better chances in participating in outdoor recreation activities due to less responsibilities, however, this group falls under the group of new employees who does not have a concrete financial stability to withstand the charges to pay and participate in outdoor recreation activities and the respondents who fall within 53% participate more in indoor recreation activities like TV viewing, Ludo playing etc. because of the financial burden they carry. This affects the mass participation of outdoor recreation activities in the study area.

Table 4.8: Family Size of the Respondents

Family Size	**Respondents**	**Percentages (%)**
1-3	39	11
4-6	51	14
7-10	198	54
11 and above	67	18.6
Missing cases	13	3.6
Total	**368**	**100**

Source: Field Survey, 2011

4.5.6 Educational attainment and participation level

Educational attainment plays a vital role in participating in outdoor recreation activities. Education exposes the individual to understand the reality of life. Table 4.9 reveal that 48.9% of the respondents are people who attain the minimum educational background (primary) who of course has little or no knowledge of the importance of leisure and engaging less in outdoor recreation activities, while 29.6% attained the secondary education, which has some knowledge in recreation activities and spend some time in outdoor recreations like football etc. The tertiary takes 21.4% with all impunity to engage in outdoor recreation activities. By implication, the majority of respondents fall on 48.9% with minimum educational background which shows the high level of ignorance in outdoor recreation activities and lack of appreciation and unwillingness to be part of recreation activities, which invariably means that low rate of participation significantly increases among less educated individuals than the most educated people. As it was highlighted by Joanna (1997) that educated people has high levels and perception to participate in outdoor recreation activities than the less educated group. This was also supported by Outdoor Recreational Resources Review Commission (1986)

that those with college education engage in greater number in outdoor recreation than the primary.

Table 4.9: Educational Background

Highest Education	Respondents	Percentages (%)
Primary	180	48.9
Secondary	109	29.6
Tertiary	79	21.4
Total	**368**	**100**

Source: Field Survey, 2011

4.5.7 Income and Participation Levels

The income level has some bearing to determine one's capability to pay to participate in outdoor recreation activities. Bar chart 4.1 below indicates that 35% of the respondents earn between N10,000 – N20,000 only, 25% earn between N21,000 – N30,000 while 20% earn N31,00 – N40,000, but it is only 10% of the respondents that earns N41,000 and above. By implication the data explains that people who earn N10,000 – N20,000 form the majority of the respondents and could not participate in outdoor recreation activities due to low income per month there by end up engaging in watching African movies. The group that earn between N21,000 – N30,000 and that of N31,000 – N40,000 are more into football games, while those who earn N41,000 and above can pay for participation in outdoor activities but are found to be fairly aged, therefore looses interest, they end up resting at home.

As it was discovered by Loken (1995) that interest in recreation continually diminishes gradually as the age grows older lost the interest in participating in outdoor recreation activities. This seems to have caused the low patronage in the study area.

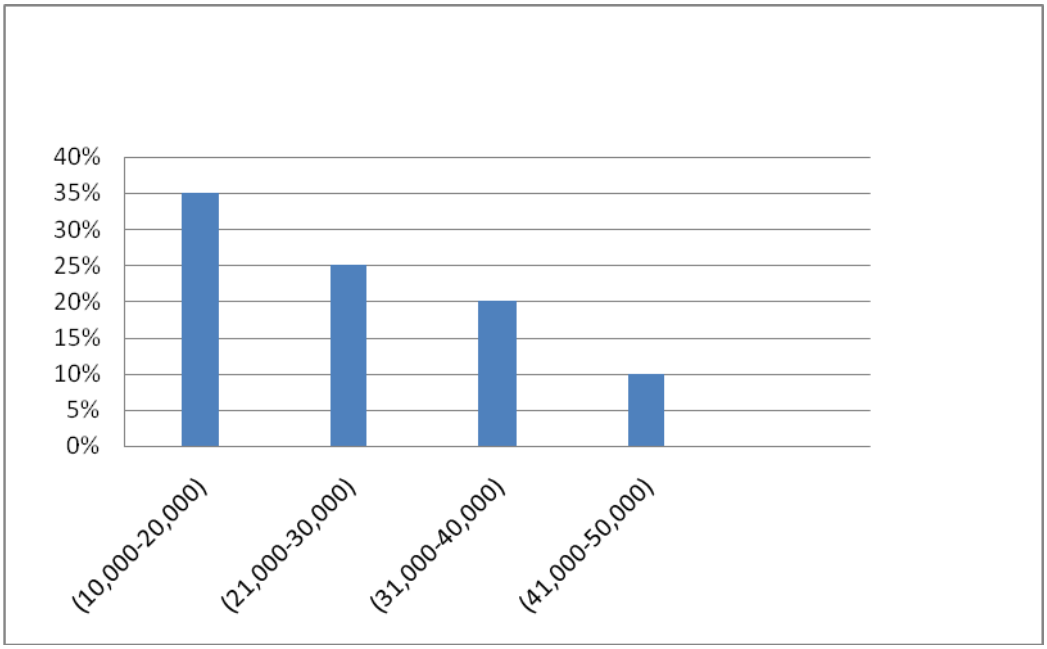


Figure 4.4: Household Monthly Income Level

Source: Field Survey, 2011

4.6 Frequency and Participation Level

4.6.1 Period of Participation

Table 4.10 below shows the percentage of participation in recreation activities and according to the table 5% claim to have been participating in recreation on daily basis, 9% is on every 2 days 14% do engage on weekly, while 25% is on monthly basis but 48% do participate on yearly basis. This irregular or inconsistences participation in outdoor recreation activities seems to have brought about low participation in outdoor recreation in the study area.

Table 4.10: Frequency of Participation in Out Recreation Activities.

Variables	Frequency	Percentage (%)
Daily	18	5
Once Every 2 days	34	9
Weekly	52	14
Monthly	93	25
Yearly	171	48
Total	**368**	**100**

Source: Field Survey 2011

4.6.2 Period of Participation in Outdoor Activities

Period of participating in outdoor activity daily among male and female, from the data obtained it was observed that a total of 68 among male love engaging generally in outdoor recreation activity in the morning hours while female obtained 41, but 156 male respondents prefer the evening hours. 71 respondents is for female but from all indication people generally do not like to engage much in the afternoon, probably because it is a working hours and majority of Bayelsa are civil servants.

Table 4.11: Period of Participation in Outdoor Activities

Activity type	Period of participation/ gender (male)			Period of participation / gender (female)		
	Morning 6am-11am	**Afternoon 12pm-3pm**	**Evening 4pm-6pm**	**Morning 6am-11am**	**Afternoon 12pm-3pm**	**Evening 4pm-6pm**
Swimming	7	12	16	5	3	10
Football	10	-	25	10	-	15
Volley ball	11	-	24	2	1	10
Basket ball	8	-	27	7	-	13
Open relaxation	15	-	19	6	5	8
Table tennis	7	7	21	9	1	10
Lawn tennis	10	2	24	3	1	5
Total	**68**	**21**	**156**	**41**	**11**	**71**

Source: Field Survey, 2011

4.6.3 Level of Awareness of Outdoor Recreation Facilities.

Awareness of the benefit of outdoor recreation type determines the possible engagement in outdoor recreation. Table 4.12 shows that 72.5% of the respondents admitted to be aware of the existence of football in outdoor recreation activities, while 13.3% were also aware of the swimming activities. While table tennis obtained 9.5% follows that majority of the respondents are conscious about the existence and benefit derivable in participating in outdoor recreation activities like football in Yenagoa town. But the low patronage may have caused by the insecurity nature of the state and that of the introduction of English football league by DSTV, My TV etc.

Table 4.12: Awareness of Outdoor Recreation Facilities

Activity type	Respondents	Percentage (%)
Football	267	72.5
Volley ball	3	0.8
Basket ball	6	1.6
Table tennis	35	9.5
Swimming	49	13.3
Lawn tennis	8	2.1
Total	**368**	**100**

Source: Field Survey, 2011.

4.7 Factors that Affect Level of Participation

4.7.1 Security Challenges

The security level of any society could always determine once intention either to or not to per-take in any activities, if the area is not secured no matter how interested or beneficial an activity could be, people will not participate in such activity. Table 4.13 shows that 64% of the respondents claimed not to have been participating in outdoor activities as a result of the past crisis such as kidnapping, hijacking, hostage taking etc which is still fresh in the minds of respondents. While 36% still participate despite the in-secured level of Yenagoa, they stand to bear the risk of engaging in outdoor activities, like football, drinking etc However, greater number of respondents still have the fear of the unknown spirit in their minds, this have affected regular participation in outdoor recreation activities, hence the low level is always recorded.

Table 4.13: Satisfaction with Level of Security

Level of Satisfaction	Respondents	Percentage
Not Satisfied	239	64
Satisfied	129	36
Total	**368**	**100**

Source: Field Survey 2011

4.7.2 Mobility Difficulties

The mode of transport encourages or motivates a lot for easy engagement in recreation activities. From the Pie chart 4.5 below, it reveals that 47% of respondents use bike to the centre for recreation activities while boating takes the least percentage of 2%, but walking constitutes 25% which may be as a result of their nearness or proximity to the recreation centres for participation while bicycling occupies 8% and finally cars take the position of 18%. However, the number of people using bike as means of transport to participate in outdoor recreation activities are more in spite of the frequent accidents observed in Yenagoa town. Perhaps this frequent accident has discouraged a great number of people in using bike for the participation and that has limited the number for regular participation in outdoor recreation activity. The aftermath of low participation in outdoor recreation result to high participation in indoor recreation activities like watching movies, playing video games etc.

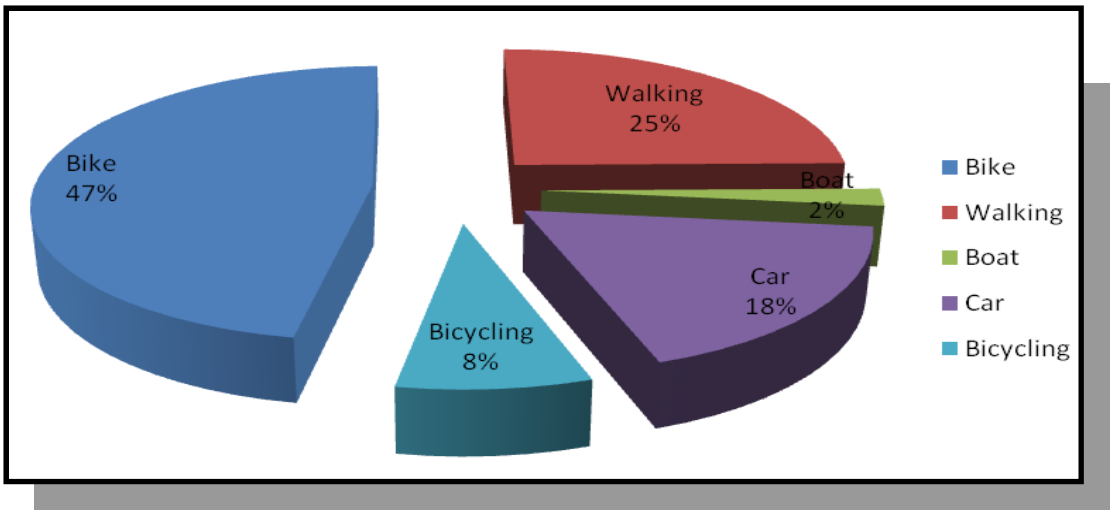


Figure 4.5: Means of Various Transport to Recreation Centres for Participation

4.7.3 Preferences for Types of Recreation Participation

Table 4.14 below shows that 43% of respondents choose watching TV which of course was seconded by 23% for playing football, video games takes the position of 19% while 14% follows as others but very few respondents took the position of swimming.

From the data it was realize that greater percentage prefers indoor games to outdoor such as football. This may be due to the fact that people in Yenagoa must have lost general interest in active football playing due to televising of current European league football matches over the DSTV, My TV, HITV etc. This lost of interest has always served as a constraint to participants in outdoor activities. Though considerable number still engage in football, this cannot be compared to watching TV, video games. However, that is not to say that people do not engage in outdoor recreation activities as the potential for improving the level of participation is high, given the facilities available.

It is a matter of interest and ignorance on the part of the residents, which can be rekindled with the appropriate policies.



Plate 4.3: Youths Engaging In Playing Computer Games
(Source: Field Survey, 2011)



Plate 4.4: Youths Engaging in Indoor Recreation Activity Viewing Televised Football Match
(Source: Field survey, 2011)

Table 4.14: Recreation Preferences

Stated Preference	Number Respondents	Percentage (%)
Watching TV	159	43
Football	88	23
Swimming	32	8
Video games	73	19
Others	16	14
Total	**368**	**100**

Source: Field Survey, 2011

4.7.4 Distance as a constraint

Distance as the concept could to a very far extent influence one's interest to be engaged in outdoor recreation activities. Table 4.15 reveals that 37% of the respondents live at a distance of 11-15km, while 19% and 25% live close to the recreation center but 20% reside at a distance of 16km and above. It then implies that 37% who occupies a great number of respondents spend a longer time and cost of transportation to the centres and this could discourage people from consistent engagement in outdoor recreation activities. This may have influence them to engage more in indoor recreating such as watching TV movies, playing card games, ludo, computer game etc. In fact a large number of people who ordinarily would have gone out for recreating sit back in engaging in indoor games, because centre are located far away from the residence as it is evident in Peace Park which has high carrying capacity in outdoor recreation activities and fairly far from the highly concentrated populated area.

Table: 4.15: Distance from the Recreation Facilities

Distance to Nearest recreation facility	Number of Respondents	Percentages
1-5km	67	19
6-10km	92	26
11-15km	136	37
16 km and above	73	20
Total	**368**	**100**

Source: Field Survey, 2011

4.7.5 Other factors constraining participation

Perceive factors

A number of other factors could hinder an individual from participating in outdoor recreation activities. The table 4.16 below indicates that out of the total of 368 responses 44% claim to have been frustrated by finance, hence they could not participate, while 28% attribute their failure to time, but 19% refer it to lack of interest, and finally 9% was tied to work schedule.

It then implies that there is a relatively wrong notion about recreation activities within the people in the study area. Consequently, they have lost interest to play around in social activities; due to wrong belief, hence could not participate frequently in social activities like outdoor recreation activities. This conclusion was reached because greater number of respondents attributes their failure to finance, time and interest. The aftermath is low participating in outdoor recreation activities rather, they engage in indoor activities such as watching television series “African Magic”, playing card, computer game etc.

Table 4.16: Perceived Factors Affecting Participation

Factors	Respondents	Percentages (%)
Time	102	28
Finance	158	44
Work schedule	36	9
Interest	72	19
Total	**368**	**100**

Source: Field Survey, 2011

4.7.6 Reasons for Participation in Recreation

Reasons behind participating in any event could be as a result of what one may benefit including outdoor recreation activities. Table 4.17 reveals that 42% engage for physical reasons. Social interaction follows with 26% while 17% goes to mental relaxation. Fun banked 11% and lastly economic purpose takes only 3%.

This indicates that the few people that have developed interest in outdoor recreation activities do it with the aim of having some physical reasons and social purpose, which translate to establishing new relationship with people and building physical health but not mainly for mental relaxation and economic purpose. Yet the rate of participation is still relatively low, having known the physical benefit probably this may be as a result of some wrong perception about recreation activities, the issue such as time wasting, finance and family matters may still frustrates their regular participation in outdoor recreation activities.

Table 4.17: Reasons for Participating in Outdoor Recreation Activities

Stated Reasons	Number of Respondents	Percentage
Fun	43	11
Social interaction	95	26
Mental relaxation	62	17
Physical health	155	42
Economic purpose	13	3
Total	**368**	**100**

Source: Field Survey, 2011

4.7.7 Expenditure on Outdoor Recreation

Amount of money paid to participate in outdoor recreation activities could determine the level of patronage. From table 4.18 below, it reports that the respondents who claim to have been charged for participating in outdoor recreation activities from ₦500 and above fall within 55% while ₦300-400 has 35%, but only few respondents of 10% claimed to have been charged between ₦100-200. This implies that most people are reluctant to engage in outdoor recreation activities and decided to engage in indoor recreation due to high rate of charges considering the fact that people in the study area do not have the financial capability to always engage in such social activities.

Table 4.18: Expenditure on the Use of Facilities

Payment Rate	Respondents	Percentage (%)
₦100-200	38	10
₦300-400	129	35
₦500 and above	201	55
Total	**368**	**100**

Source: Field Survey, 2011

4.7.8 Type of Participation in Outdoor Activities

Table 4.19 below shows the frequency and the time users spent in outdoor recreation activities. The data reveals that 53% of the respondents spent considerable time in football playing. However, these activities is done mostly on weekends and it is participated alongside with others on weekends from the table such as table tennis playing, lawn tennis playing while swimming and boating is only done occasionally. This in variably implies that while not participating in these outdoor activities on daily basis, the people in Yenagoa town seems to have diverted their attention in indoor activities knowingly or unknowingly such as watching T.V, playing Ludo, card games etc. Thereby, recording the low participation of outdoor recreation activities in Yenagoa.

Table 4.19: Time Spent in Outdoor Recreation Activities

Option	Number of Respondents	Frequency	Average Time Spent	Percentage
Playing Football	102	Weekend	2-3 hours	53
Playing Volleyball	19	Daily	1-2 hours	9.8
Playing Basketball	32	Daily	1-2 hours	16.5
Playing Table Tennis	15	Weekend	1-2 hours	7.7
Playing Lawn Tennis	8	Weekend	1-2 hours	4.1
Jogging	12	Occasional	1-2 hours	6.2
Swimming	3	Occasional	1-2 hours	1.5
Boating	2	Occasionally	1-2 hours	1.0
Total	**193**			**100**

Source: Field Survey, 2011

4.7.9 Suggestions by Respondents on the Existing Recreation Facilities

The respondents were asked to proffer suggestions on what they thought should be done to improve on the access to the existing outdoor recreation facilities. The suggestions as shown in table 4.20 ranged from the provision of more security, decentralisation of the facilities away from the town centre to other neighbourhoods that do not have enough of them.

From the Table 4.20 indicate that 43% suggested that recreation facilities should be decentralised, 28% is of the opinion that transport fare should be controlled by government while 9% suggested either to make the facilities conducive for regular users and finally 19% advised that security should be beef-up at the recreation centres.

Table 4.20: Suggestions by Respondents

Type of Suggestion	Respondents	Percentage
Recreation facilities should be decentralised to the various wards	158	43
Transport fare should be controlled by government	102	28
Recreation facilities should be made conducive for participant to participates	36	10
Security should be beef up at the recreation centres at all time.	72	19
Total	**368**	**100**

Source: Field Survey, 2011

4.8 Inferences

From the analysis of the data and other survey methods used in the research, the following inferences could be drawn.

i. The generality of the population within Yenagoa is yet to develop interest to participate daily in recreation activities.

ii. Regular participants in outdoor recreation activities are willing to pay between N100-N200 per rate for the use of recreation centres as against N500 and above. This implies some user charges may be used to defray the cost of providing the facilities and managing them.

iii. The questionnaire administered also reveals that the respondents show more interest in indoor recreation activities. This may have been caused by the distance of facilities from the participants, how this act could be limited through decentralizing the outdoor recreation facilities in the study area. as suggested by some respondents this could encourage greater participation in the future.

iv. There is a general wrong perception about the outdoor recreation activities such as waste of fund and time. This also must have discouraged people living within Yenagoa to regularly participate in outdoor recreation activities, undermining that of creating new relationship. The implication of this is that policies should be made to popularize outdoor recreation which highlight its health and well-being benefits to the general population.

v. The insecure nature of Yenagoa town in the past, which people had already built within their mind-set also affect the number of participation in outdoor recreation activities in Yenagoa. Improvement of the security situation through appropriate measures will go a long way to address this.

vi. The ignorance of respondents not knowing the importance of participating in outdoor recreation activities in Yenagoa town seems to affect the regular participation of recreation activities. This could also be overcome through relevant social campaigns.

vii. The televising of the current football league such as European, Spanish, Italian had kept great number of people to engage in indoor recreation activities instead of per-taking in outdoor activities. People should constantly be encouraged to be part of outdoor recreation for the purposes of having good health and creating new friends.

4.9 Problems Associated with Outdoor Recreation Activities in Yenagoa

Considering the issue raised in the inferences above and the information from the survey, it could be observed that there are a number of problems constraining outdoor recreation activities in Yenagoa. They include the following.

1. **Problem of accessibility:** Participation in outdoor recreation activity depends on the knowledge of existence and importance, location and distance from facilities. The survey reveals that most of the facilities are centered in ward (1) which gives some impediment to aspiring users because of distance thus limiting their constant participation in outdoor recreation activities in Yenagoa.
2. **Problem of awareness:** No concerted effort has been made to create awareness about the importance in participating in outdoor recreation activities, economically, socially and physically which ordinarily should be the duty of Bayelsa State Ministry of Tourism Development through jingles etc. But unfortunately a full fledge Ministry has just been formed therefore lack some implementation policies to immediately go in actions to moderate the tourism sector as expected.
3. **Problem of security:** Yenagoa town in the recent past has been experiencing insecurity; there were cases of kidnapping, cult group clashing, this anti-social activities put fear in the minds of people to participate in outdoor recreation activities, because no matter how interested an activity is, if there is no security, people are bound not to be part of it.
4. **Problem of wrong perception:** Most people in Yenagoa have wrong perception about the participation of outdoor recreation activities. It is wrongly assumed that

participation in it is a mere waste of time and fund, others regard it as an unwholesome pursuit, and this wrong perception affects the participation in outdoor recreation activities in Yenagoa.

5. **Mobility difficulties:** This is another remarkable problem encountered by the people in Yenagoa, this could be evident from the lack of roads in Yenagoa, the use of bike which had resulted to the cause of several accidents has brought impediment for people to participate in outdoor recreation activities regularly.
6. **Money spent in recreation:** People are reluctant in engaging in outdoor recreation due to the high fares charged in recreating.

4.10 Prospects for Outdoor Recreation

Being bestowed with a good natural setting especially the water front areas, the town is very suitable for the development of outdoor recreation facilities that could attract users from other parts of the region. We can identify the main potentials as follows.

1. The water bodies found within Peace Park and Ox-bow Lake are good potentials for outdoor recreation activities.



Plate 4.5: A Water Body In Ox-Bow Lake In Swali Where Recreation Activities Like Boat Regatta, Canoe Race And Swimming Take Place During festive period.

Source: Field survey, 2011

2. Most of the outdoor recreation centres are now relatively accessible. His Excellency Henry Seriake Dickson led Government have just provided means of mobility within Yenagoa town. Therefore, there is connectivity of the various outdoor recreation areas by roads. This will encourage the movement of people within Yenagoa to participate in outdoor recreation activities.

3. There is relative peace in the study area, though there are still some pockets of kidnapping cases but that does not limit the recreation activities which of course add to the prospect of outdoor recreation activities in Yenagoa town.

4. The availability for some open spaces within the Yenagoa town can be used for further development of outdoor recreation functions.

CHAPTER FIVE

CONCLUSION AND RECOMMENDATIONS

5.0 Introduction

This part of the study presents the various findings that have been made in this study and conclusions drawn from the findings with appropriate recommendations proffered.

5.1 Summary of the Findings

The study through the data collected from the field reveals that 72.5% of respondents are aware of the existence of football, while swimming obtained 13.3%. But the respondents not participating in outdoor could be as a result of their ignorance of the benefit derivable such as physical fitness and the introduction of English league by DSTV, My TV etc. Therefore, they could not frequently engage in active recreation activities and as a result end up in indoor games. It was also gathered that 54.4% of the respondents have fairly large family sizes which in totality determines the frequency of their involvement in indoor recreation activities such as playing Ludo, viewing Tv etc. educational attainment has role to play in outdoor recreation activities because it exposes the individual to understand the reality of life, 48.9% of the respondents attained only primary school, therefore has little or no knowledge of the importance of outdoor recreation which also recorded low participation of recreation activities in Yenagoa.

The income level has some bearing in determining the individual's capability to participate in outdoor recreation activities. From the findings, it was discovered that 35% of the respondents falls within income group of ₦10, 000 to ₦20, 000 per-months. It therefore results in general low participation in outdoor recreation activities in the study

area. This is because most social activities involve money. The location of the outdoor recreation centres also influences the level of participation. For instance, 37% of the respondents stay a distance of 11 – 15 km away from the outdoor recreation centres; therefore time and cost seem to have been considered as an obstacle in regular participation in outdoor recreation activities.

The in-secured nature of Yenagoa town in the past could not be left out. The fear of the unknown which have already been built in the minds of the people also discourage regular users to participate in outdoor recreation activities. Lack of finance is also attributed as one of the hindrance in participating in outdoor recreation activities in Yenagoa town and the wrong perception of people in outdoor recreation activities also contribute regarding recreation as a mere waste of time and money rather than creating new relationship.

Finally, the televising of the European football leagues has limited a great number of youth to ignore outdoor recreation activities. These and other relevant issues according to the research finding are the major causes of low participation in outdoor recreation activities in Yenagoa town.

5.2 Conclusion

Several attempts have been made, but yet to see the light of the day due to the high family size, distance from the recreation centres, lack of awareness, high charge, security threat, wrong perception of recreation activities and as well as regular televising of European football league matches.

These and other factors have hindered the people living within Yenagoa town to constantly participate in outdoor recreation activities. As it was highlighted by Boniface

(1994:2) that generally recreation activities refresh the user's strength, spirit, and as a medium for social interactions, unity and friendship among people. This invariably implies that the people within Yenagoa town needs to engage in outdoor recreation activities in order to avoid disunity. However, this could be encouraged by the Government, through the National Orientation Agency of Nigeria (NOAN) in enlightening the importance of participating in outdoor recreation activities to the people living within the study area.

5.3 Recommendations

The irregular participation of outdoor recreation activities has been analyzed in this study is caused by various factors. From the study it was discovered that improper location of recreation facilities, high rate of charges, lack of finance and time, wrong perception about the activities of outdoor recreation, low educational attainment, security challenges, family sizes and the introduction of football leagues are some of the factors that hinders the regular participation in outdoor recreation activities in the study area.

However, the success of regular participation of outdoor recreation activities in Yenagoa to an extent depend on the degree of planning, principles and standard. Therefore, below are some recommendations towards encouraging people living within Yenagoa town to participate in outdoor recreation activities:

1. Proper location of recreation centres

The location of recreation centres is an important factor. This could be evident in (fig 4) where most recreation centres is situated in ward 1. This has discouraged some respondents who live 11-15 km away from the facilities to engage in outdoor recreation. Therefore, it is recommended that facilities should be

decentralized through the redesigning of Yenagoa master plan to reflect all the recreation centres in all the wards, particularly the community play ground and that of football fields should be upgraded to enable would be user to avoid travelling long distance for recreating. Preferably, consideration should be given to the most concentrated communities to develop recreation facilities such as ward in 3, 5, and 9.

2. Moderation of Charges

The Tourism Ministry should regulate and moderate the facility managers on charges base on the kind of facilities and services rendered to enable the ordinary people to have access for recreation activities.

3. Critical Family Sizes

The government should enact a law of given birth to a specific number of children of at most four, like that of China, instead of given birth to many chicken whereby denying their selves in engaging in some social activities like recreation etc.

4. Free Gate Pass

The most committed or regular participants in outdoor recreation activities should be giving free gate at least once a month to motivate others for recreation.

5. Awards and Incentives

Awards or incentives should be given to the more regular patronagers in all the recreation centres in Yenagoa town. Particularly to people who always engage in playing football, to discourage people watching football leagues.

6. Free Education

The government should introduce free education at all levels, this is because half education is dangerous, the none participation in outdoor recreation activities is as a result of not understanding the importance derivable in participating. Therefore, if this is implemented; it will create consciousness about the benefits derivable in outdoor recreation.

7. Awareness

People should be made aware of the existing outdoor recreation activities such as football playing, volley ball, table tennis etc. and its benefits if one engages in because it is a mindset. This will guarantee the maximum use of people to participate in outdoor recreation activities. Looking at the benefit rather than having the feeling that it a mere waste of money and time, this should be done through adequate enlightenment campaign, disabusing their minds against the wrong perception of recreation activities through, the National Orientation Agency of Nigeria.

8. Protection and Security

Provision should also be made to safeguard the lives of people who are out to recreate, this could be done through the formation of security outfit such as operation flush (aka *Operation Doo…Okpo*) at the recreation centres, this will enable people without fear of the unknown to participate in recreation activities.

9. Improve the Waterfront for Outdoor Recreation Activities

The oxbow lake which is a waterfront in the study area should be converted to be a man-made beach like that of Aviv waterfront in Israel where fascinating structures like buildings as well as tall trees be planted to improve outlook of all the waterfront in Bayelsa State. This will make people to flock around the waterfront in ox-bow lake and other water fronts like that of Boulevard in Israel.



Plate 4.6: Waterfront in Aviv, Israel

5.4 Provision of Design for Neighbourhood Recreation Facilities

The wards that made up the study area is in a zigzag form, it looks more like a snake-shape they are not in a circular form, therefore a participant in ward 10 to engage in outdoor recreation in ward "1" must pass through other wards. However, from the study it was observed in Table 4.1 that all facilities situated are in ward 1, therefore to build a well design recreation facilities in the neighbourhood, facilities should be designed and be located in between the wards for easy participation. For example if lawn

tennis pitch is located in between ward 9 and ward 10, it will be easier for those participants to engage instead of travelling a long distance to ward 1. However, it was also discovered that football field is found in all the wards, but other facilities like lawn tennis, table tennis, volleyball court, basketball pitch in particular is not found in other (wards). Therefore, these facilities should be designed in between wards. This design is made to avoid distance as a constraint.

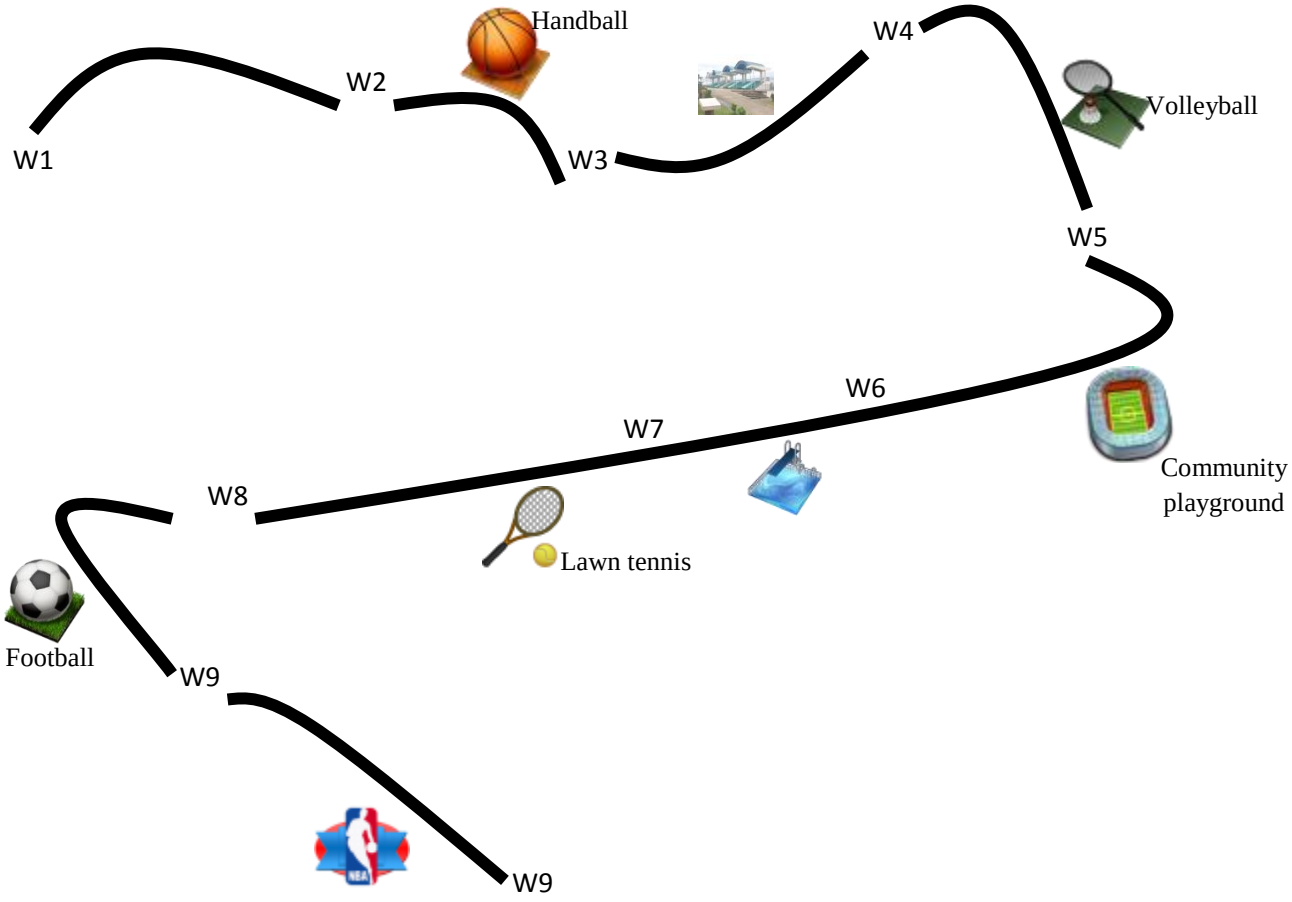


Figure 4.6: Illustrating the Design of Recreation Facilities in between the Wards in the Study Area.

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APPENDIX A: SURVEY QUESTIONNAIRE
DEPARTMENT OF URBAN AND REGIONAL PLANNING
AHMADU BELLO UNIVERSITY, ZARIA

Academic Research for M.Sc. Tourism and Recreational Planning Programme

INTRODUCTION

The research questionnaire aims at collecting data from residents of Yenagoa town. The exercise is purely academic and the researcher is quite aware that information obtained through this medium is absolutely confidential and will be treated as such. Therefore, the need for sincerity and accuracy in giving information is vital for the success of this research.

Thanks for your anticipated co-operation.
Please indicate, mark or Tick as appropriate

SECTION A. PERSONAL INFORMATION

1. Indicate Your Political ward area.
   1. [ ] 2. [ ] 3. [ ] 4. [ ] 5. [ ]
   6. [ ] 7. [ ] 8. [ ] 9. [ ] 10. [ ].

2. Sex: a. Male [ ] b. Female [ ].

3. Age: a. 15-22 years b. 23-30 years c. 31 and above

4. Marital Status: a. Single b. Married c. Widow d. Divorced.

5. Occupational Status a) Civil servant [ ] b) Self-employed [ ] c) Student [ ]

6. Family Size: a) 1-3 b) 4-6 c) 7-10 d) 11 and above

7. Educational Status: a) Primary b) Secondary c) Tertiary

8. Monthly Income (₦):
   a) Between 10,000 – 20,000
   b) Between 21,000 – 30,000
   c) Between 31,000 – 40,000
   d) Between 41,000 and above

SECTION B. USE OF RECREATION FACILITIES

9. What are your period of participation in outdoor recreation?
   (a) Morning (b) Afternoon (c) Evening

10. How long do you spend in participating, either in indoor or outdoor recreation activities?

11. Are you aware of the benefit of outdoor recreation activities?

12. Do you use your leisure time for recreating or resting?
a. For recreation [ ] b. For Resting [ ]

13. What is your perception about recreation activities?
a) Beneficial [ ] b) Waste of Time [ ] c) [ ]

14. How often do you participate in outdoor recreation activities?
a. Daily [ ] b. Every 2 days [ ] c. Weekly [ ] d. Monthly [ ] e. Annually [ ].

15(i). Are the recreation centres accessible to all residents?
a. Yes [ ] b. No [ ]

. (ii) What means of transportation do you use mostly to participate in outdoor recreation?
a. Biking [ ] b. Bicycling [ ] c. Boating [ ] d. Car [ ]
e. Walking [ ]

16. What kind of outdoor recreation activity do you prefer mostly?
(a) Watching T.V [ ] b. Swimming [ ] c. Canoeing [ ] d. Lawn tennis [ ]
(e) Football playing [ ] (f) computer game [ ] (g) others

17(i). Do you pay to participate in recreation activity?

(ii). If yes, how much do you pay?
a. N100-N200 [ ] b. N300-N400 [ ] c. N500 and above [ ]

18. What is the distance from your residence to the recreation facility you use?
a.1 – 5km [ ] b. 6 – 10km [ ] c. 11 – 15km [ ] d. 16 and above [ ]

19. What are the factors that hinder you from undertaking in outdoor recreation activities regularly?
a. Time [ ] b. Finance [ ] c. Work schedule [ ] d. Interest [ ]

20. What is your reason for participating in outdoor recreation activities?
a. Fun [ ] b. Social interaction [ ] c. Mental relaxation [ ]
d. Economic purpose [ ] e. Physical fitness [ ]

21. How long do you spend in participating either in outdoor or indoor recreation activities?

22. What are your preferred forms of recreation if given the chance?

23. Give suggestions on how best outdoor recreation may be encouraged in Yenagoa.